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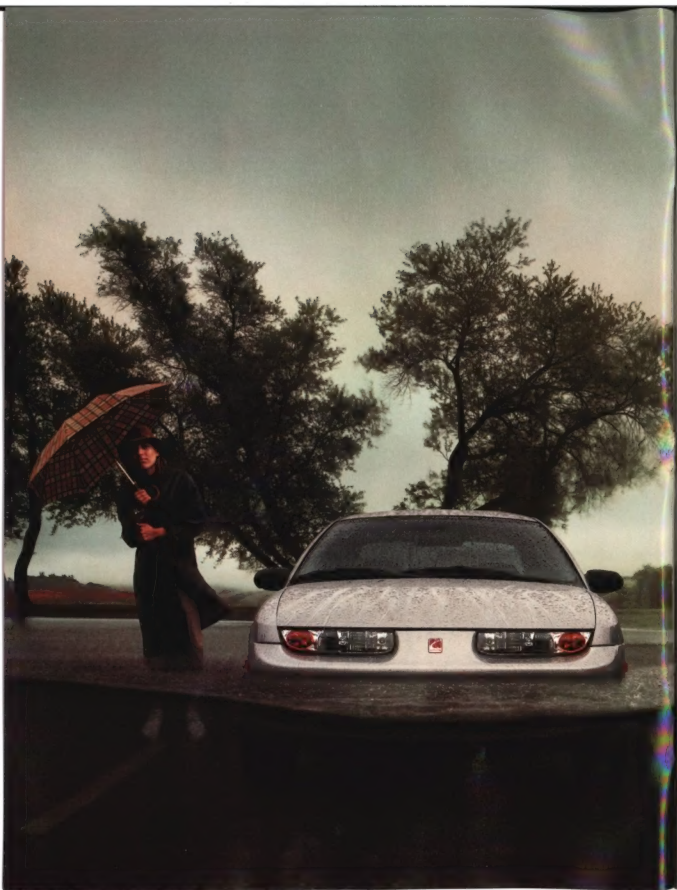
KACZYNSKI SPEAKS

TIME



Steve's Jobs

He saved Apple with his hot new **iMac**. He struck gold at Pixar with digital movies like *Toy Story 2*. You'd think he'd learn to chill. Think different.



SATURN SURVEY

Your name Heather Aceto Age 21

Occupation Student

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Maximum Security: Ted Kaczynski speaks from behind bars (see NATION)



Doing Double Duty: Steve Jobs unveils the latest from both his companies (see COVER)



Bottom Line: Patagonia's Chouinard shares it with nature (see HEROES)

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COVER: Photograph for TIME by Michael O'Neill. Characters from *Toy Story 2* digitally added. **INSET:** Photograph by Stephen J. Dubner

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TIME and THE PRESIDENCY

Gerald R. Ford

Gerald R. Ford, 1974-77

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President since

Dwight Eisenhower.



DAVID HARRIS/CONTOUR PHOTOGRAPHY

In August 1999, a crowd gathered in Grand Rapids, Mich., to hail hometown hero Gerald R. Ford on the 25th anniversary of his assumption of the presidency. It was on Aug. 9, 1974, that Richard Nixon became the first President in U.S. history to resign his office. When Gerald Ford succeeded him, Ford became the first President never to have run on a national ticket: Nixon had chosen Ford to be Vice President following the resignation of Spiro Agnew.

At his swearing in, the new Chief Executive spoke the healing words that brought the sad Watergate saga to a close. "Our long national nightmare is over," Ford declared, and he promised to follow his "instincts of openness and candor." Ford kept that promise, but his abbreviated presidency would bring nightmares of its own. His early decision to grant Nixon a pardon squandered some of the goodwill he carried into office. Abroad, Saigon and all of South Vietnam finally fell to the North Vietnamese, leaving behind the indelible image of Americans scrambling to board helicopters to escape the doomed capital. At home, inflation hammered the nation's economy. Though Ford failed in his 1976 bid to win the presidency on his own, he continues to enjoy the gratitude and affection of Americans for the manner in which he served his difficult two and a half years in the Oval Office. This unassuming man, who liked to joke that he was "a Ford, not a Lincoln," rose to a trying challenge with grace and courage.

"Gerald Ford, without flair or ambition, furnished what the nation needed—solidity, courage, common sense and honor."

Hugh Sidey



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An enthusiastic crowd in Fresno greets the new President, 1974

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The Miller Center, University of Virginia

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September 24, 2000

The Ronald Reagan Presidential Library and Museum

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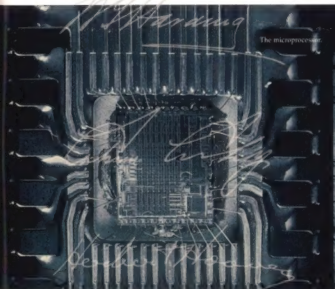
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The microprocessor.



Apollo 11 lands on the moon in 1969.



STYLING: JESSICA HARRIS

AMERICAN SCENE

Steve Lopez/Martinez

Juvenile Humor

Michael Pritchard uses his comic gift—and his Ewok voice—to counsel kids

YOU CAN GO A LONG WAY toward understanding what's in the head and heart of Michael Pritchard with one detail from his résumé. In 1980, when he won the San Francisco International Comedy Competition, he was also named California Probation Officer of the Year for his work with kids locked up in juvenile hall. It was the kids, in fact, who persuaded him to try stand-up comedy. If he could get laughs out of hard-core punks like them, they reasoned, he ought to go cash in.

For a while, it looked as if he would. After Pritchard won the comedy competition, he scored every funny man's fantasy: an appearance on the *Tonight Show*. That led to more TV. A 6-ft. 6-in., 300-lb. grizzly of a man, Pritchard danced with Judd Hirsch in an episode of *Taxi*, and two networks had a bidding war over him. But nothing in Hollywood interested Pritchard as

much as the homeboys back at the hall. "If Mother Teresa had a kid with Jesse Ventura," says Robin Williams, who worked the same clubs as Pritchard back then, "you'd get Mike. He's this huge Vietnam vet with a big heart."

Today Pritchard, 49, stands in front of 500 students in the Martinez Junior High School gymnasium, just east of San Francisco and not far from his home in San Rafael. For nearly 20 years, he has melded his comic gift with his passion

for social work and has somehow made a career of it, taking his act to schools from Washington to Ketchikan, Alaska. And never has he been in greater demand than since the school shootings at Columbine. Nowadays, he books appearances and sells videos on the Web at SavingOurSchools.org.

No sane person would attempt to hold the attention of five adolescents, let alone 500, for nearly an hour. Pritchard, however, has the advantage of being able to rattle off a thousand sound effects and voices, including the Ewoks he has done for George Lucas' *Star Wars* films. And once he hooks the kids, he sneaks doses of medicine in along with the candy.

Everyone in the gym at Martinez snickers at the names that Pritchard and his lunthead pals used to call a heavy girl named Gina when he was a third-grader in St. Louis. But



He went from probation officer to TV comedian

they mummy up when he says, "Nobody wanted to be there ... when she was home, with all her pain locked up." Pritchard tells how, years later, he ended up in an emergency room after a gang member conked him on the head. And

Pritchard gets laughs from a tough audience at a junior high

guess who was his nurse? Gina, who took note of the fact that while she had slimmed down nicely, Pritchard was the size of a weather balloon. "I tried Ultra SlimFast," he says. "I found out it tastes great on Ben & Jerry's."

Pritchard leads them down this path, touching on the ways kids divide themselves: by the clothes they wear, the color of their skin, the cars their parents drive. "Lack of respect is the root of all evil" and "Pain shared is pain divided," he preaches, building to where he demands honest answers to a few questions. "How many of you have seen fights start here at school for something silly?" The hands shoot up. "How many of you have heard the words homo, faggot and dyke used in school?" A sea of hands again, just as when he asks if they have seen students isolated and ridiculed. "This is not how we want to live," he says.

After the assembly, 25 students meet with Pritchard in a classroom and open up. John, 13, says he suspects the kids who pick on him do it because they fear someone will do it to them. Corey, 14, says he wishes people could see past his reputation as a bully and know he doesn't have a cold heart. "My name is Steve, and basically I've been teased all my life," says a 13-year-old with red hair and a T shirt he gets razzed for. It refers to the reputed last words of a Columbine victim: SHE SAID, "YES, I BELIEVE IN GOD."

Pritchard doesn't tell them about the other life he might have had or about the horror stories from juvenile hall. He doesn't tell them he spent most of his school years in the dean's office or about all the kids he couldn't save as a Vietnam medic or that he's been sober for 20 years. The idea is for them to do the talking. And then he Bigfoots through a gauntlet of high fives as he leaves, happier than anyone in Hollywood.

“If Mother Teresa had a kid with Jesse Ventura...” —ROBIN WILLIAMS on Michael Pritchard


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TIME, OCTOBER 18, 1989



Martin Johnson Heade

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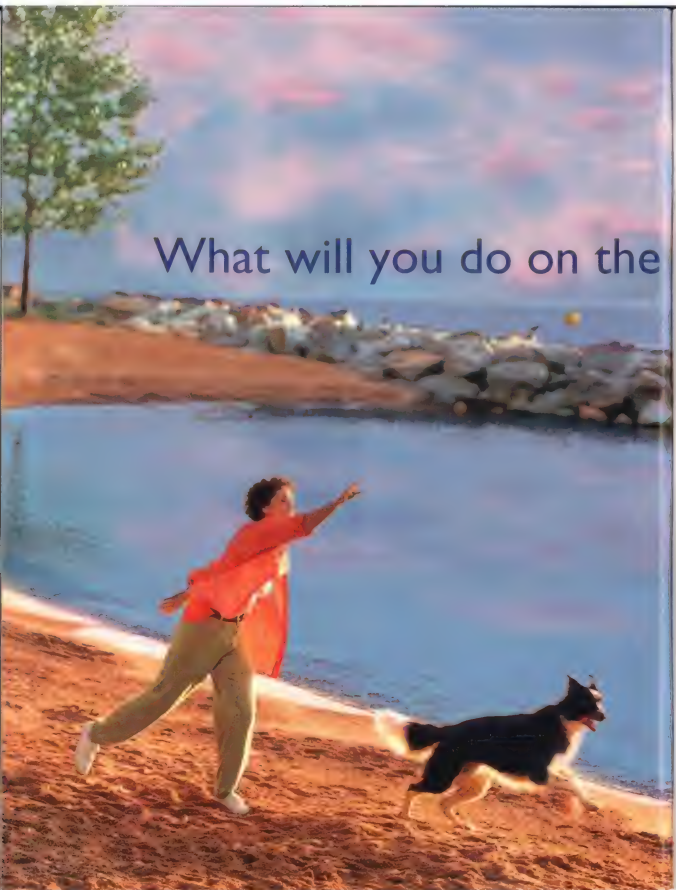


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LETTERS



Secrets of the New Silicon Valley

“The Internet used to be a culture of novel ideas and visions. Now it is about jumping on the money bandwagon.”

HOUSTON JAYNE
Sunnyside, Calif.

YOU SHOULD BE COMMENDED FOR PAINTING a chilling picture of opportunity run amuck among Internet entrepreneurs in Silicon Valley [SPECIAL REPORT, Sept. 27]. Your cover story “GetRich.com” would be less disturbing if it were not at least a partly accurate description of the state of affairs for Internet start-ups. However, there are teams of people building Internet companies whose objective is to add value to people’s lives, not just venture capitalists’ portfolios. Nothing will alienate American consumers faster than the realization that behind every dot.com is a bunch of inexperienced twentysomethings out to make a quick buck. Your article should be a wake-up call to our entire industry.

SUE LEVIN, CEO
lucy.com
Portland, Ore.

SILLY VALLEY SEEMS LIKE A NARCISSIST’S Nirvana, one with people who are without soul or passion for anything except self-gratification. I feel sorry for them. It’s as if aliens had landed and created a new group of pod people.

LISA MCINTYRE
Bakersfield, Calif.

AS A BAY AREA HIGH-TECH WORKER, I found “Get Rich.com” a great account of the place where I live. But you failed to mention the traffic, which many here think is worse than in Los Angeles, and the spiraling cost of housing. And what of the miserable schools or San Francisco’s recent transformation from the eclectic city of Jack Kerouac to a land of B-school homogeneity? Unless we see a dramatic shift in priorities, with urban planning, public transit and responsible growth management paramount, the quality of life will continue to decline. This will eventually affect the dreams of those at the top of the pyramid and not just those closer to the bottom.

MATTHEW PLUNKETT
Berkeley, Calif.

YOU DESCRIBED A SILICON VALLEY WITH an economy fueled mostly by 28-year-olds bent on making a fortune at the expense of their social lives. But you missed a key component. Many of us have successfully started companies without sacrificing the joys of spending time with family and close friends. I fear the individuals you depicted will wake up in 10 years and find that the really important things in life have passed them by. And according to your own statistics, only a handful of these entrepreneurs will have anything to show for it.

SHARON K. GILLENWATER, PRESIDENT
Fidget.com
San Francisco

SOMEONE WHO COULD SAY, “THE THRILL of taking part is far more important than whether you win or not” has never raised a dollar in Silicon Valley.

JON FISHER, CEO
NetClerk Inc.
South San Francisco

A ONCE TECHIE ENVIRONMENT HAS become a trendy, yuppie one. Your story sent the message that the Internet is the place to be because of its potential for wealth and glory. Young CEOs glamorize themselves by being in the spotlight, inflating their egos and company names. Are these CEOs really heroes? They are receiving exorbitant amounts of money from venture capitalists, even when their companies haven’t yet made money. Some of these dot.com companies have ridiculously silly, short-term business plans yet continue to receive money and press coverage. The Internet used to be a culture of novel ideas and visions. Now it is about jumping on the money bandwagon with an IPO destination.

HOUSTON JAYNE
Sunnyside, Calif.

THE PEOPLE WHO WORK BEHIND COUNTERS for minimum wage are a dying breed here in the Valley, along with jan-



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itors and regular folks. The majority of people here are just getting by. Not to mention the broken marriages, forgotten children and burned-out dreamers that litter the Information Highway. The high-tech entrepreneurs should learn to make their own coffee. Soon there won't be anybody left behind the counter to make it for them.

AMY GREEN
San Jose, Calif.

WHAT YOU FAILED TO CONVEY IN YOUR cynical portrait of the Valley is what the second wave of Internet entrepreneurs

is doing for the Web, for the economy and for society. The M.B.A.s busily cultivating the commercial potential of the Internet are making it meaningful to people. I work for UBU, an Internet start-up that is striving to turn the Internet into something that could actually be fun, useful and engaging to nontechnies everywhere. We are fulfilling the potential of the Internet as a new medium, a goal that seemed elusive just a few years ago, when the Internet appeared relevant only to technophiles.

EMILY BACKUS
San Francisco

The Real Hurricane Floyd

I WAS DUMBFOUNDED BY THE IGNORANCE and insensitivity you displayed in the article on Hurricane Floyd [NATION, Sept. 27]. Using phrases like "a very close call" and referring to the storm as "a sheep on steroids" showed complete disregard for the incredible suffering that still continues as I write this letter. Thousands of families have lost everything they owned. These are not rich retirees on the coast; these are simple, hardworking, God-fearing people who do not have the resources to rebound. How utterly thoughtless and inhuman of you—real hearts of stone.

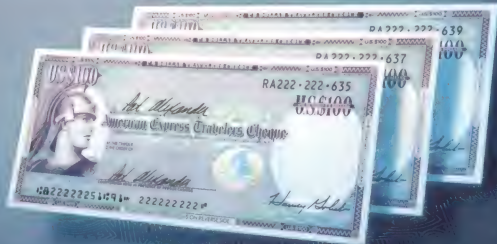
SPRING CHARLES
Durham, N.C.

MORE ABOUT THAT ITALIAN STALLION



We heard from several well-informed readers about our item on the unveiling of an equestrian statue "designed by Leonardo da Vinci in the 1590s" [NOTEBOOK, Sept. 20]. As our readers pointed out, we were off by a century. Leonardo, who died in 1519, began designing the clay model of the horse in 1482. But one reader provided some added information: Two casts of Leonardo's statue have been made: the 24-ft. version for Milan and an 8-ft. copy for the Frederik Meijer Gardens, a botanical garden and sculpture park in Grand Rapids, Mich. What next? A second Mona Lisa in Sioux Falls?

I AM SICK AND TIRED OF READING ABOUT the destruction of hurricanes. These natural phenomena have been around for millions of years. It is man's inability to respect and understand nature that results in such destruction and havoc. You cannot build a wooden house in a hurricane area and expect it to survive a killer storm, or build close to the ocean and not expect it to take a bite out of your life. We must learn how to design houses and buildings that can withstand the



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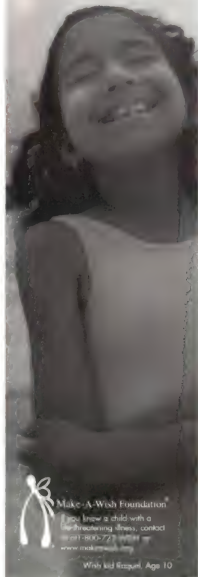
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TARGETING CHRISTIANS?



A number of
readers wrote in
response to the
Rev. Jerry Falwell's
claim that most
hate crimes in
America today are

directed at Evangelical Christians [NATION, Sept. 27]. Brian McGovern of Austin, Texas, agrees Christians are the victims of persecution but is firm in his faith: "When believing in Jesus Christ is dangerous, or perhaps even illegal, we Christians are ready. Nothing will discourage us. Being fed to the lions in ancient Rome didn't, and neither will bullets or twisted legislation." Chicago's Clyde J. Smith insists that oppression of Evangelicals is far worse than we reported: "We often have no choice but to send our children to schools that teach evolution, Big Bang cosmology and Godless modern science." But the Rev. E. Marie Gasau, a pastor in Basalt, Colo., was puzzled by Falwell's claims. "What statistics does Falwell cite for his conclusions? Who benefits from his statement?" she asked. "How does this prophet profit? May we all pray and work for an end to hate."

fiercest winds, with materials suited for such conditions. Leave the seaside to nature, to parks and wildlife. Build farther inland. The Caribbean god of storms is here to stay.

RICHARD RIVERA
Plantation, Fla.

I DON'T KNOW WHAT YOUR DEFINITION of catastrophic is, but in my book more than 47 dead in North Carolina alone, 30,000 homes flooded, much of the state's surface area underwater, billions of dollars in damages, jobs and businesses gone forever, horrific agricultural losses of crops and livestock and environmental pollution beyond compare define catastrophic. You missed the story here. The worst floods in 500 years thankfully don't happen every day.

PAT WEEKS
Spring Hope, N.C.

The Wind in His Hair

THERE WAS ONE GOOD THING THAT CAME from Hurricane Floyd [NATION, Sept. 27]: seeing Dan Rather broadcast the TV news while standing outside near a beach in

torrential rain and wind. No hat (probably for effect), rain dripping in his face and hair in disarray. I would have had a good chuckle if Sam Donaldson had done the same thing and his toupee had "gone with the wind."

DON THACKSTON
Anderson, S.C.

Big Gift from Bill Gates

BILL GATES' HUGE GIFT OF SUBSIDIZED education [NATION, Sept. 27] for thousands of nonwhite students is certainly a boon to the so-called minorities in America (in this global world, they are actually majorities by huge margins). But one has to wonder what would have happened if the gift had been for the exclusive use of whites as opposed to minorities. Surely Gates would have been denounced as a racist, and his troubles with the Federal Government, to say nothing of the media, would have exploded. The image of America's constantly bending over backward to please an exploding nonwhite population that in the end will be its death is not a pretty sight to see.

WAYNE A. GORDON
West Vancouver, B.C.

The Soviet Union's Evil Nature

THE INFORMATION PROVIDED BY SOVIET KGB defector Vasili Mitrokhin in his book [WORLD, Sept. 27] adds further documentation to how the liberal media and academic élites got it wrong about the Soviet Union. They mercilessly lampooned President Reagan for referring to the U.S.S.R. as the "evil empire." Indeed, exposing the Soviet Union's "evil" nature is exactly the reason Mitrokhin gives for endangering his life on a daily basis to copy from the KGB archives unassailable records of that evil. The liberal élites, as recently revealed documents have established, were wrong about Alger Hiss, the Rosenbergs and now, according to Mitrokhin, about the Soviet Union's evil agenda.

MICHAEL POST
Cypress, Calif.

If Hitler Had Died in a Beer Hall

THE FINAL PARAGRAPH IN THE REVIEW OF *What If?* [BOOKS, Sept. 27], a collection of essays conjecturing what might have been the outcome if certain historical events had happened differently, missed the point about "counterfactuals." Whether they make history more "vivid" is a secondary benefit. Instead, counterfactual analysis is a useful tool of serious historical inquiry because it forces profes-



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sionals and students to separate what is really important, especially in the long term, from what is not.

Consider what might have happened if Adolf Hitler had been killed during the Munich beer-hall putsch. The fledgling Nazi Party probably would have remained an obscure collection of misfits and ultra-nationalist rabble, unknown outside Bavaria. This counterfactual, therefore, requires us to focus on the significance of Hitler's personality, program and instinct for political opportunism as determinative factors.

Would there have been a Nazi revolution in Germany without Hitler? Perhaps. But it is unlikely that the course of world history from 1933 through 1945 would have been as disastrous if the Nazis after 1923 had been led by someone other than Hitler.

STEVEN S. BERIZZI
Hartford, Conn.

Life Is Here to Stay

YOUR ARTICLE ON THE EVOLUTION OF THE human species (PALEONTOLOGY, Aug. 23) conclusively reported that natural selection has produced a creature capable of overturning evolution itself. To think that the human is the center of existence is akin to the ancient belief that Earth is the center of the universe and all the heavenly bodies revolve around it.

It is true that the activities of human beings do contribute to the path taken by evolution, but this human component could wilt away. Collapse of Earth's ecosystem would not mean life would end. Mother Nature would find a way to start

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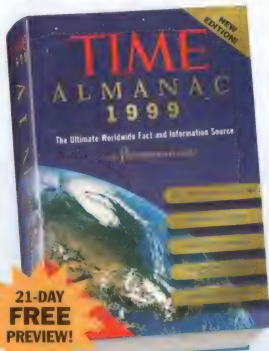
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Tragedy in East Timor

I READ WITH SHOCK OF THE CURRENT happenings in East Timor [WORLD, Sept. 20]. I am disgusted and revolted by the attitude of the majority of the Indonesian people toward the plight of the East Timorese, considering this was the same nation agitating to free itself from the clutches of the mighty Suharto clan only a few months ago. I would like an "enlightened" Indonesian to please explain the difference between the circumstances of the East Timorese and those of the Indonesians. The people of Indonesia have conveniently forgotten that a referendum was held, and a majority of East Timor voted to become an independent nation.

JUBRIL ADEBOLA CAFFAR
Lagos, Nigeria

INDONESIA WAS OCCUPIED BY THE JAPANESE during World War II. In 1945, when Japanese troops were forced to surren-

INDUSTRIAL MAN



Rock star Trent Reznor, whose new album we just reviewed [MUSIC, Sept. 27], is no stranger to the pages of TIME. We picked him

as one of America's 25 most influential people in our April 21, 1997, cover story. We wrote then, "Trent Reznor is... the lord of Industrial, an electronic-music form that... harks back to the dissonance of John Cage... [He] records as Nine Inch Nails, a one-man studio act, and has a thriving touring career as leader of Nine Inch Nails, a quartet that interprets his computerized compositions before wild fans... Reznor's music is filthy, brutish stuff, oozing with aberrant sex, suicidal melancholy and violent misanthropy. But to the depressed, his music, veering away from the heartless core of Industrial, proffers pop's perpetual message of hope—or therapeutic Schadenfreude: there is worse pain in the world than yours... Reznor wields the muscular power of Industrial rock, not with frat-boy swagger, but a brooding, self-deprecating intelligence. 'I had no expectations of commercial success,' he says. 'But people "got it." That I didn't expect.'"

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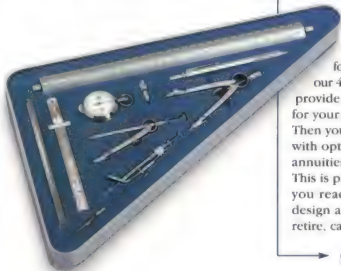
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der, some young Indonesians started a campaign of murder. These young criminals were called *pemudas* (youngsters), and the Indonesian army trained by the Japanese occupation force did nothing to prevent their crimes. Now we see the same sort of thing happening in East Timor. As long as the Indonesian military leaders maintain the same authoritarian principles as the Japanese military did during the war, the countries in the Southeast Pacific will have to face the danger of unrest.

R. SIMONIS
Amsterdam

AUSTRALIA'S FOREIGN POLICY TOWARD ASIA in general and Indonesia in particular will prove suicidal in the long run. The leadership role Australia is taking in East Timor will anger the Asians. Indonesians are normally a patient lot, but their harassment by the Australians will be remembered for years to come. I hope the other Asian nations will let Australia feel their anger.

INDRA DJANI
Jakarta

The U.S. Takes a Backseat

I COMMEND CHARLES KRAUTHAMMER'S "The Limits of Humanitarianism" [ESSAY, Sept. 27] and his thesis that the reason the U.S. did not send troops to East Timor is that Indonesia has greater strategic significance to the U.S. than Kosovo does. But Krauthammer missed two points. The first: the Indonesian military under General Suharto came to power through a bloody military coup in 1965 that cost the lives of thousands of Indonesians; there are persuasive arguments that the CIA played a part in helping bring Suharto to power. The second: the invasion of East Timor by Suharto's military junta was in part made possible because of the military arms supplied by the U.S. government under the Ford and Carter administrations.

HIDAJAT SJARIF
Edmonton, Alta.

KRAUTHAMMER SHOULD HAVE CARRIED his column to its logical conclusion: the U.S. will intervene, or support interventions, only in situations where it calculates the outcome could directly affect U.S. interests. Period. Democratic principles and basic human rights have little to do with these calculations. That is realpolitik as Krauthammer rationalizes the notion, but it is a far cry from leadership of the Western world, so often claimed by U.S. politicians and pundits.

JURIS MAZUTIS
Nepean, Ont.

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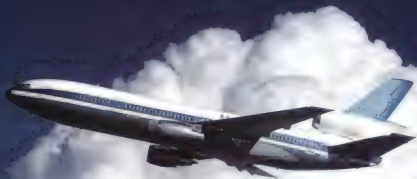
seamless global network, we'd be able to monitor it from one end to the other. No small detail. Especially when you consider only MCI WorldCom owns the entire network between many locations in the U.S. and Western Europe.

All of which made this pharmaceutical giant feel a brand new emotion: relief. For more information, visit us at www.wcom.com/data15.



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Head Start Replies

I WOULD LIKE TO CLARIFY AND CORRECT some statements made by Matt Miller in his piece about George W. Bush's plans for education reform [NATION, Sept. 20]. The Head Start program has a two-pronged approach that not only addresses a child's needs but also the parents' by assisting them through services and employment. The positive effects of this comprehensive approach are well proved by research. Head Start four-year-olds perform above the levels expected for children from low-income families who have not attended center-based programs. The description that Head Start "has no curriculum and loads of shoddy teachers" is unfounded. Programs must meet national program performance standards in order to attain and maintain administration of a Head Start program.

SARAH M. GREENE, CEO
National Head Start Association
Alexandria, Va.

Memories of Radio City

THE ARTICLE ON THE RESTORATION OF Radio City Music Hall [DESIGN, Sept. 27] stirred so many memories for me. Like the Music Hall, I am almost 70, and at 13 years of age in 1943, I worked there as a page on afternoons after school and on weekends. The job was memorable, as it let me see the greatest showplace, the corps de ballet, the choral group, the newest movies and the Rockettes firsthand. And as it was during World War II, I recall the servicemen going to, and coming back from, the war. I always sneaked them in ahead of the long lines, so that they wouldn't have to waste their free time. Ah, youthful memories!

JOHN J. SHEERIN
Chatsworth, N.J.

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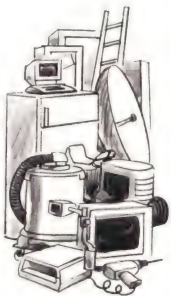
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You might have heard about Xenical®. It's a unique prescription weight-loss medication that, when combined with a good meal, can actually help you lose weight.

And just what is a good meal? Well, for one thing, it's not a jumbo bucket of fried chicken. Or an all-you-can-eat buffet. A good meal is one that is nutritionally balanced, reduced in calories with no more than 30 percent of calories from fat. What Xenical does is block about one-third of that fat from ever being digested.

So if you're considerably overweight (at least 30 lbs., depending on height), why not ask your doctor whether Xenical is right for you. Because if you're ready to change your eating habits, we'll get right to work. In the end, we think you'll say it's a job well done.



best work od meal.

Since Xenical blocks about one-third of the fat in the food you eat, you may experience gas or oil with discharge, increased bowel movements, an urgent need to have bowel movements and an inability to control them, particularly after meals containing more fat than recommended.

Xenical shouldn't be taken if you are pregnant, nursing, have food absorption problems or reduced bile flow. Xenical reduces the absorption of some vitamins; therefore, a daily multivitamin is recommended.

Xenical users can enroll in a tailored patient-support program.

Ask your doctor or call 1-800-746-5380

for more information about Xenical. Or
visit our Web site at www.xenical.com.



XENICAL®
orlistat 120 mg
capsules

Please see important patient information on the following page.

Important Patient Information

Patient Information about XENICAL® (orlistat) Capsules

XENICAL (zen'i-cal)

Generic Name: orlistat

Please read this information before you start taking XENICAL and each time you renew your prescription. This important information may help you successfully lose weight and maintain your weight loss while taking XENICAL. This patient information is a summary and is not intended to take the place of discussions with your doctor. It does not list all benefits and risks of XENICAL. The medication described here can only be prescribed and dispensed by a licensed health care professional, who has information about your medical condition and more information about the drug, including how to take it, what to expect, and potential side effects. If you have any questions about XENICAL, talk with your doctor.

What is XENICAL?

XENICAL is an oral prescription weight loss medication used to help obese people lose weight and keep this weight off. XENICAL works in your intestines, where it blocks some of the fat you eat from being absorbed. The undigested fat is then eliminated in your bowel movements. XENICAL should be used together with a reduced-calorie diet that your doctor will recommend.

Excess weight has been proven to contribute to an increased risk of developing many medical problems, including high blood pressure, high cholesterol, heart disease, and diabetes. The consumption of excess fatty food and calories plays a significant role in the development of excess weight. While fat is an important component of a balanced diet, the consumption of excess fat contributes to excess body weight, since fat provides twice the number of calories per gram of weight as carbohydrates and protein. Reduction of dietary fat intake is one potential way of losing weight.

How does XENICAL work?

If you eat an excess amount of fat or calories, the excess is stored as fat by the body resulting in weight gain. When you eat fat, your body breaks it down into its simplest components so that it can be absorbed. Enzymes in your intestinal tract, called lipases, help digest (or breakdown) fat. When you take XENICAL with meals, XENICAL attaches to the lipases and blocks them from breaking down some of the fat you have eaten. The undigested fat cannot be absorbed and is eliminated in your bowel movements. By working this way, XENICAL helps block about 30% of the fat eaten in food from being absorbed by your body.

Following one year of treatment, XENICAL in combination with diet was shown to be more effective in reducing weight than diet alone in most cases. Weight loss was gradual. Patients taking XENICAL and a reduced-calorie diet lost an average of 13.4 pounds while those on a reduced-calorie diet alone lost 5.8 pounds.

Who should use XENICAL?

A weight loss program that includes a reduced-calorie diet and appropriate physical activity may be adequate in some patients. You should discuss with your doctor or other health care provider whether XENICAL should be added to such a program.

XENICAL may be right for you if you are considerably overweight (at least 30% above ideal weight or a body mass index of 30 or greater). XENICAL may also be right for you if you are overweight (at least 10% above ideal weight or a body mass index of 27 or greater) and also have other risk factors such as high blood pressure, high cholesterol, heart disease, or diabetes.

How to determine your body mass index (BMI)

The chart below illustrates BMI according to a variety of weights and heights. The BMI is calculated by dividing your weight in kilograms by your height in meters squared. To use this chart:

- Find the height closest to your height in the left-hand column.
- Then move across the top row to find the weight closest to your weight.
- The number where these two meet is your BMI. (For example, a person who weighs 180 lbs and is 5'5" would have a BMI of 30.)

		WEIGHT (lb)																																																																																										
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510	520	530	540	550	560	570	580	590	600	610	620	630	640	650	660	670	680	690	700	710	720	730	740	750	760	770	780	790	800	810	820	830	840	850	860	870	880	890	900	910	920	930	940	950	960	970	980	990	1000
HEIGHT (inches)	5'0"	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510	520	530	540	550	560	570	580	590	600	610	620	630	640	650	660	670	680	690	700	710	720	730	740	750	760	770	780	790	800	810	820	830	840	850	860	870	880	890	900	910	920	930	940	950	960	970	980	990	1000									
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Who should not use XENICAL?

Those who:

- consistently have problems absorbing food (chronic malabsorption); or
- have gallbladder problems; or
- are pregnant or are breastfeeding a child; or
- have ever had an allergic reaction to orlistat or any of the inactive ingredients in XENICAL.

What should I tell my doctor before taking XENICAL?

Before beginning treatment with XENICAL, make sure your doctor knows if you are:

- allergic to any medicines, foods, or dyes;
- taking any other weight loss medication.

- taking cyclosporine.
- taking any other medicines (including those not prescribed by your doctor);
- taking any dietary supplements, including herbal products;
- planning to become pregnant; or
- anorexic or bulimic.

This information will help you and your physician decide if the expected advantages of XENICAL are greater than any possible disadvantages.

How should I take XENICAL?

The recommended dose is one 120 mg capsule by mouth with liquid at each main meal that contains fat. You can take XENICAL in conjunction with a mildly reduced-calorie diet of up to 3 times a day. Each time you take XENICAL, your meal should contain no more than about 30% of calories from fat. Take XENICAL during meals or up to one hour after a meal. If you occasionally miss a meal or have a meal without fat, you can omit your dose of XENICAL. Doses greater than 120 mg three times a day have not been shown to provide an additional weight loss benefit.

You should use XENICAL together with a nutritionally balanced, mildly reduced-calorie diet that contains no more than about 30% of calories from fat. You should evenly divide your daily intake of fat, carbohydrates, and protein over 3 main meals.

You should try to follow a healthy eating plan such as the one developed by the American Heart Association. Following this eating plan will help you lose weight while decreasing some of the possible gastrointestinal effects you may experience while taking XENICAL.

IF YOUR DAILY CALORIE LEVEL IS:	THE RECOMMENDED DAILY GRAMS OF FAT (in a 30% fat diet) ARE:
1500	80
1600	83
1800	86
2000	87

Should I take a multivitamin with XENICAL?

XENICAL interferes with your body's absorption of some fat-soluble vitamins. Therefore, when you use XENICAL, you should take a daily multivitamin supplement that contains vitamins D, E, K, and beta-carotene. Take your multivitamin once a day at least one hour before or after taking XENICAL, such as at bedtime.

Can I take XENICAL while taking other medications?

Be sure to discuss with your doctor all medications (including herbal products) you are currently taking, including medicines you can get without a prescription (over-the-counter), to determine if XENICAL can be taken in addition to these medications.

How long should I use XENICAL?

The use of XENICAL for more than 2 years has not been studied. However, your doctor should discuss how long you should use XENICAL.

What are the most common side effects of XENICAL?

Because XENICAL works by blocking the absorption of dietary fat, it is likely that you will experience some changes in bowel habits. These generally occur during the first weeks of treatment; however, they may continue throughout your use of XENICAL. These changes may include oily spotting, gas with discharge, urgent need to go to the bathroom, oily or fatty stools, oily discharge, increased number of bowel movements, and inability to control bowel movements. Due to the presence of undigested fat, the oil seen in a bowel movement may be clear or have a coloration such as orange or brown.

These bowel changes are a natural effect of blocking the fat from being absorbed and indicate that XENICAL is working. They generally occur early in treatment, particularly after meals containing higher amounts of fat than are recommended. These symptoms are often temporary and may lessen or disappear as you continue treatment and adapt to your recommended diet of meals containing no more than about 30% fat. However, these side effects may occur in some individuals even a period of 6 months or longer.

If you are concerned about these or any other side effects you experience while taking XENICAL, talk to your doctor or pharmacist.

What lifestyle changes should I consider when taking XENICAL?

You must use XENICAL with a recommended mildly reduced-calorie diet. You should also undertake a program of regular physical activity, such as walking. However, before you undertake any activity or exercise program, be sure to speak with your doctor or health care professional.

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FALL 1999

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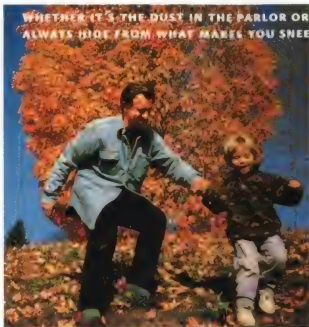
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FROM THE PUBLISHERS OF HEALTH MAGAZINE

TARGETING Allergies

NEWS UPDATE



WHETHER IT'S THE DUST IN THE PARLOR OR THE DOG NEXT DOOR, YOU CAN'T ALWAYS HIDE FROM WHAT MAKES YOU SNEEZE. HERE'S HOW TO FIND RELIEF.

IF YOU HAVE ALLERGIES, you've probably noticed that the "season" for them is just about any time of the year. Most likely you've also noticed that much of the expert advice about how to deal with allergies—close your windows when pollen counts are high, keep Fido outside, take a vacation—is hard to follow or just doesn't work.

No wonder so many people look to pills, nasal sprays, or eyedrops for relief. Over the years, users of over-the-counter (otc) remedies have put up with side effects ranging from drowsiness to a racing pulse, but now, with a little care, you *can* get relief without the worry.

First, choose a medication that goes straight at the symptoms that bother you most. Burning, itching eyes? Try otc eyedrops for temporary help. Sneezing and a stuffed-up nose? Go for a decongestant in a nasal spray. One caution: Decongestants—in either sprays or pills—can cause nervousness, sleeping problems, and rapid heartbeat.

If drops or sprays don't do what you want, consider an oral antihistamine. This type of drug blocks the action of histamine, a compound that triggers allergy symptoms. otc antihistamines tend to make people sleepy, but some new prescription allergy medicines contain a kind of antihistamine that's less likely to leave you feeling groggy. Also, nasal sprays and eyedrops containing cromolyn interfere with the release of histamine without causing drowsiness. Talk with your doctor about your best choices.

Resources

ORGANIZATION

American Academy of Allergy, Asthma, and Immunology
611 E. Wells St.
Milwaukee, WI 53202

800/822-2762; www.aaaai.org

Call to get a referral to an allergist in your area, or visit the Web site for the latest information, news, and advice on allergies.

WEB SITES

The Allergy Learning Lab
www.allergylearninglab.com

Enter this site and feel as if you're actually making a visit to an allergist. Membership is free, and you'll get a personal allergy profile to help you learn about and cope with your symptoms. An online doctor answers questions.

National Pollen Network's Allernet
www.allernet.com

This site has answers to frequently asked questions about allergies, updates on national allergy forecasts, and a directory of allergy specialists across the nation.

BOOKS

Allergies: The Complete Guide to Diagnosis, Treatment, and Daily Management, by Stuart H. Young, Bruce S. Dobozin, and Margaret Miner. Plume, 1999, \$13.95.

Writing for both the occasional sneezer and the chronic allergy sufferer, the authors discuss the latest advances in allergy treatments.

Breathe Right Now: A Comprehensive Guide to Understanding and Treating the Most Common Breathing Disorders, by Laurence A. Smolley, M.D., and Debra Fulghum Bruce. W. W. Norton, 1998, \$25.

Discusses breathing disorders, including those caused by allergies.

The Complete Allergy Book, by June Engel. Firefly Books, 1998, \$14.95.

Explains the causes of allergies and gives many useful tips on avoiding allergy triggers and treating allergy attacks.

TAKE CLEAR CONTROL. TAKE CLARITIN®.

What we can't control:

Finding enough time to take a vacation

How fast the weekends go by

When the stock market drops

When the pollen count will rise

What we can control:

How we use our frequent flier miles

Where we work during the week

Our financial portfolio

Our itchy, watery eyes, sneezing,
and runny noses

Once-a-day

Claritin
(loratadine)

Long-lasting, nondrowsy relief of seasonal allergy symptoms

Schering-Plough
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Talk to your doctor about once-a-day, nondrowsy CLARITIN® - for people ages 6 and up. One CLARITIN Tablet relieves your seasonal allergy symptoms all day without making you sleepy. CLARITIN® is safe to take as prescribed: one tablet daily. At the recommended dose, CLARITIN® is nondrowsy. *The most common side effects* occurred about as often as they did with a sugar pill, including headache, drowsiness, fatigue, and dry mouth. Call 1-888-833-0003 for more information and a \$5.00 rebate certificate. Or visit www.claritin.com. Please see next page for additional important information. *Available by prescription only.*

CLARITIN® brand of loratadine TABLETS, SYRUP, and RAPIDLY-DISINTEGRATING TABLETS

Brief Summary (For Full Prescribing Information, see package insert).

INDICATIONS AND USAGE: CLARITIN is indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis and for the treatment of chronic idiopathic urticaria in patients 6 years of age or older.

CONTRAINDICATIONS: CLARITIN is contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

PRECAUTIONS: **General:** Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (10 mg every other day). (See CLINICAL PHARMACOLOGY: Special Populations.)

Drug Interactions: Loratadine (10 mg once daily) has been administered with therapeutic doses of erythromycin, cimetidine, and ketorolac in controlled clinical pharmacology studies in adult volunteers. Although measured plasma concentrations (AUC 0-24 hrs) of loratadine and/or desloratadine were observed following administration of loratadine with each of these drugs in normal volunteers (N = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine as assessed by electrocardiographic, psychomotor, or laboratory tests. The following adverse events were observed: There were no significant effects on QTc interval and/or topography of the ECG. No effects on plasma concentrations of cimetidine or ketorolac were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with administration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this decrease is unknown. These data findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Desloratadine After 10 Days of Coadministration (Loratadine 10 mg in Normal Volunteers)		
	Loratadine	Desloratadine
Erythromycin (500 mg Q6h)	+40%	+48%
Cimetidine (300 mg QID)	+103%	+8%
Ketorolac (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In a 18-month carcinogenicity study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (and 75 mg/kg) (rats). In the carcinogenicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.8 times and 18 (desloratadine) times higher than in humans given the maximum recommended daily oral dose. Exposure of rats given 75 mg/kg of loratadine was 28 (loratadine) and 67 (desloratadine) times higher than in humans given the maximum recommended daily oral dose. Male mice given 40 mg/kg had a significantly higher incidence of "relatively benign" adenomas of the prostate gland and concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (alkaline) or forward point mutation (CHO HPRT) assays, or in the assay for DNA damage (primary hepatocyte unscheduled DNA assay) or in two assays for chromosomal alterations (human peripheral blood lymphocyte chromosome aberrations and the mouse bone marrow erythrocyte micronucleus assay). In the mouse lymphoma assay, a positive trend occurred in the nonactivated but not the activated phase of the study.

Decreased fertility in male rats shown by fewer female conceptions rates, occurred at an oral dose of 64 mg/kg (approximately 10 times the maximum recommended human daily oral dose on a mg/m² basis) and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at an oral dose of approximately 32 mg/kg (approximately 20 times the maximum recommended human daily oral dose on a mg/m² basis).

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats at oral doses up to 96 mg/kg (approximately 15 times and 150 times, respectively, the maximum recommended human daily oral dose on a mg/m² basis). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, desloratadine, pass easily into breast milk and achieve concentrations that are equivalent to plasma levels with an AUC_{0-12h}/AUC_{0-12h} ratio of 1:1 and 0.85 for loratadine and desloratadine, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and desloratadine was excreted into the breast milk (approximately 0.02% of 40 mg over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN is administered to a nursing woman.

Pediatric Use: The safety of CLARITIN Syrup at a daily dose of 10 mg has been demonstrated in 186 pediatric patients 6-12 years of age in placebo-controlled 2-week trials. The effectiveness of CLARITIN for the treatment of seasonal allergic rhinitis and chronic idiopathic urticaria in the pediatric age group is based on an extrapolation of the demonstrated efficacy of CLARITIN in adults in these conditions and the likelihood that the disease course, pathophysiology, and the drug's effect are substantially similar in that of the adults. Because animal reproduction studies are not always predictive of human response, the safety and effectiveness of CLARITIN in pediatric patients under 6 years of age have not been established.

ADVERSE REACTIONS: **CLARITIN Tablets:** Approximately 90,000 patients, aged 12 and older, received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks to 6 months' duration. The rate of premature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS IN PATIENTS 12 YEARS OF AGE AND OLDER

	PERCENT OF PATIENTS REPORTING			
	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMISTINE 1 mg BID n = 336	TERFENADINE 60 mg BID n = 664
Headache	12	11	8	8
Somnolence	8	6	22	9
Fatigue	3	4	10	7
Dry Mouth	3	2	4	3

Adverse events reported in placebo-controlled chronic idiopathic urticaria trials were similar to those reported in allergic rhinitis studies.

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number of nonwhite subjects was relatively small.

CLARITIN REDIBATS (loratadine rapidly-disintegrating tablets): Approximately 500 patients received CLARITIN REDIBATS (loratadine rapidly-disintegrating tablets) in controlled clinical trials of 2 weeks' duration. In these studies, adverse events were similar in type and frequency to those seen with CLARITIN Tablets and placebo.

Administration of CLARITIN REDIBATS (loratadine rapidly-disintegrating tablets) did not result in an increased reported frequency of mouth or throat irritation.

CLARITIN Syrup: Approximately 300 pediatric patients 6 to 12 years of age received 10 mg loratadine once daily in controlled clinical trials for a period of 6-15 days. Among these 188 children were treated with 10 mg loratadine syrup once daily in placebo-controlled trials. Adverse events in these pediatric patients were observed to occur with type and frequency similar to those seen in the adult population. The rate of premature discontinuance due to adverse events among pediatric patients receiving loratadine 10 mg daily was less than 1%.

ADVERSE EVENTS OCCURRING WITH A FREQUENCY OF > 2% IN LORATADINE SYRUP-TREATED PATIENTS (6-12 YEARS OLD) IN PLACEBO-CONTROLLED TRIALS AND MORE FREQUENTLY THAN IN THE PLACEBO GROUP

	PERCENT OF PATIENTS REPORTING		
	LORATADINE 10 mg QD n = 186	PLACEBO n = 262	CHLORPHENIRAMINE 2-4 mg BID/TID n = 170
Nervousness	4	2	2
Headache	4	2	6
Fatigue	3	2	1
Hypertension	3	1	1
Stomach Pain	2	0	0
Constipation	2	0	0
Dysphasia	2	<1	0
Marriage	2	<1	1
Upper Respiratory Tract Infection	2	<1	0

In addition to those adverse events reported above (> 2%), the following adverse events have been reported in at least one patient in CLARITIN clinical trials in adult and pediatric patients:

Autonomic-Nervous System: Altered lacrimation, altered salivation, flushing, hypotension, impotence, increased sweating, thirst.

Body As A Whole: Arteriovenous adenoma, asthma, back pain, blurred vision, chest pain, laceration, eye pain, fever, leg cramps, malaise, myalgia, myositis, nasal infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, supraventricular tachycardia, arrhythmias, syncope, tachycardia.

Central and Peripheral Nervous System: Bupropion, dizziness, dysphagia, hypertension, migraine, paresthesia, tremor, vertigo.

Gastrointestinal System: Altered taste, anorexia, constipation, diarrhea, dyspepsia, flatulence, gastritis, nausea, increased appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depression, impaired concentration, insomnia, irritability, paranoia.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis.

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemoptysis, laryngitis, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, pruritus, purpura, rash, urticaria.

Urinary System: Altered micturition, urinary discoloration, urinary incontinence, urinary retention.

In addition, the following spontaneous adverse events have been reported rarely during the marketing of loratadine: abnormal hepatic function (including jaundice, hepatitis, and hepatic necrosis), alopecia, anisocoria, breast enlargement, erythema multiforme, peripheral edema, and seizures.

OVERDOSEAGE: In adults, somnolence, tachycardia, and headache have been reported with overdoses greater than 10 mg with the tablet formulation (40 to 180 mg). Extrapyramidal signs and symptoms have been reported in children with overdoses of greater than 10 mg of CLARITIN Syrup. In the event of overdose, general symptomatic and supportive measures should be instituted promptly and maintained for as long as necessary.

Treatment of overdose using reasonable caution of emesis (syrup), except in patients with emesis contraindicated, followed by the administration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gastric lavage should be performed with normal saline. Saline cathartics may also be of value for rapid dislodgement of bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadine is eliminated by peritoneal dialysis.

No deaths occurred at oral doses up to 5000 mg in rats and mice (greater than 2400 and 1200 times, respectively, the maximum recommended human daily oral dose on a mg/m² basis). Single oral doses of loratadine showed no effects on mice, rats, and monkeys at doses as high as 10 times the maximum recommended human daily oral dose on a mg/m² basis.

Schering

Schering Corporation
Kenilworth, NJ 07033 USA

Rev. 1/99

1962643AT-JBS

CLARITIN REDIBATS (loratadine rapidly-disintegrating tablets) are manufactured for Schering Corporation by Schering ODS, England.

U.S. Patent Nos. 4,262,233 and 4,371,516

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MOOD-LIFTING CHIPS, MIND-EXPANDING SODA, CHOLESTEROL-CUTTING MARGARINE. SALES OF ITEMS LIKE THESE ARE SOARING. SHOULD YOU BITE?

WHAT'S NEW IN Your Food?



SNACKS USED TO HAVE A SIMPLE JOB: Get us through the afternoon. Lately, though, the things we most like to munch on have been showing up with more ambitious aims. A lighter mood? A sharper memory? A healthier heart? These are just some of the benefits promised by a new wave of "functional foods," items laced with herbs and other purported health-boosting ingredients.

For example, a new brand of tortilla chips contains St.-John's-wort, an herb widely used to ease depression. You can wash them down with root beer containing ginkgo biloba, an herb that's supposed to improve memory. And for the fall and winter sniffles to come, there's chicken noodle soup with echinacea, an herb some people think fends off colds.

So far, such foods have little in the way of scientific study to back up their promises. And it's tough to control the dose of an active ingredient when you're noshing your medicine out of a bag or drinking it from a can. The label on a two-serving bag of psyche-soothing chips doesn't say so, for example, but you'd have to eat both servings to get the daily dose of St.-John's-wort that most guidelines suggest. You'd also get more than 20 percent of your recommended dietary allowance of fat.

Studies do back up the claims of at least one new type of functional food. Two brands of margarine that recently hit the market do seem to block cholesterol from entering your bloodstream. Two pats a day can lower LDL (bad cholesterol) by about 10 percent in just a few weeks.

Resources

ORGANIZATIONS

American Botanical Council
P.O. Box 144345
Austin, TX 78714
512/926-4900;
www.herbalgram.org
The American Botanical Council promotes the safe use of medicinal plants. Visit its Web site for the scoop on the 26 most common herbs.

Herb Research Foundation
1007 Pearl St., Suite 200
Boulder, CO 80302
303/449-2665; www.hrf.org
The Herb Research Foundation's mission is to educate the public about the use of botanicals for health and medical benefits. Send \$2 for a list of

holistic physicians. Check the Web site for the latest news on herbs.

WEB SITE

Functional Foods for Health
www.ag.uiuc.edu/~ffh
The University of Illinois at Chicago and the University of Illinois at Urbana-Champaign have joined forces to study functional foods. Their Web site features research updates and information about regulations on functional foods, plus links to other sites.

BOOKS

The Complete German Commission E Monographs, edited by Mark Blumenthal. **The American Botanical Council, 1998, \$165.**
This comprehensive guide to herbal remedies includes an index of side effects and contraindications

The Complete Guide to Nutritional Supplements, by Brenda D. Adderly. **MMA, NewStar Press, 1998, \$18.**

An excellent place to start if functional foods are your first foray into the field of herbal medicine. Read up on more than 120 supplemental herbs—what they do and how safe and effective they are.

What the Labels Won't Tell You: A Consumer Guide to Herbal Supplements, by Logan V. Chamberlain. **Interweave Press, 1998, \$9.95.**

This thorough book explains how companies make herbal supplements, helps you decode labels, and describes the varying effects of taking an herb in different forms (for example, in a tincture versus a pill).

IS IT TIME TO WORK OUT INDOORS? LIKE THEIR CLIENTS, HEALTH CLUBS COME IN ALL SHAPES AND SIZES. THESE TIPS WILL HELP YOU FIND ONE THAT'S JUST RIGHT FOR YOU.

GYM Class

IF YOU'RE LOOKING TO JOIN A HEALTH CLUB, check for deals. Big chains run a lot of promos with low monthly dues. Sign-up costs may be high, but long-term these specials can be a bargain.

- Visit the gym and talk to members. Find out if there are any common beefs about the place. Try to go at the time of day you're most likely to be there. Are people lined up four deep at every piece of equipment you'll want to use? Can you adjust your schedule to work out when the gym is less busy? If not, a more expensive gym with more equipment may be the better deal.
- Decide which features you'll actually use. Why pay a couple of grand a year for membership in a club with a pool, jogging track, and his-and-her saunas if all you want to do is heave some weights?
- Consider the gym's personality. How do you feel about a place with weights scattered on the floor? How about the music? Is it constant heavy metal or does it tend toward Kenny G? Do members come for a serious workout or do they take up space while yapping on their cell phones?
- Give the place the sniff test. There's a difference between the scent of honest sweat and the smell of thriving bacteria. A gym with too strong an atmosphere may be no bargain at all.
- Finally, read the fine print on any contract you sign. It should have at least a three-day cold-feet clause that lets you change your mind and get a full refund. Also, a reputable operator won't require more than a month's notice if you quit.



Resources

ORGANIZATION

Shape Up America!
6707 Democracy Blvd., Suite 306
Bethesda, MD 20817
www.shapeup.org

Shape Up America! was started by former surgeon general C. Everett Koop, M.D. Visit its Web site's fitness center to assess your fitness level and learn about the benefits of keeping active and maintaining a healthy weight.

WEB SITES

The Fitness Files
fyiowa.webpoint.com/fitness/index.htm

The "clickable person" feature lets you click on a part of the body to get information about how best to treat

an injury such as a sprained ankle or pulled muscle.

FitnessLink

www.fitnesslink.com
Get the latest fitness news, along with tips on good nutrition, exercise, and health. Many links to other sites.

Fitness Partner Connection Jumpsite!

www.primusweb.com/fitnesspartner
This site's handy calculator helps you figure out how many calories you burned during your workout.

Healthclubs.com

www.healthclubs.com
If you're thinking about joining a health club, check this site for the skinny on gyms across the nation.



BOOK

The Ultimate Workout Log, by Suzanne Schlosberg. Houghton Mifflin, 1999, \$12.

Record your workouts so that you can track your fitness progress with this helpful log. The book also contains tips on how to use health-club equipment and how to improve your strength training.

MEET A BIG GUY
WHO'S REALLY SWEET
ON THE INSIDE.



It's soft and a little bigger than other breakfast bars, but we know you'll love it for what it's got on the inside. Introducing new Nutri-Grain® Fruit-full Squares™ breakfast bars. Filled with moist, chewy oatmeal and chunks of real fruit, it'll help fill you up and keep hunger from slowing you down.

FILL UP AND YOU'RE GOOD TO GO.™

BREAST Health

THE MEDICAL WORLD HAS LONG BEEN DIVIDED ON WHEN A WOMAN SHOULD BEGIN GETTING MAMMOGRAMS. NEW TECHNOLOGIES COULD SETTLE THE MATTER.



DECIDING WHEN AND HOW OFTEN to be screened for breast cancer should soon become much easier. That's because mammograms are becoming a lot more reliable.

For years, women have had to rely on low-dose X-ray mammography as the best way to spot breast cancer early. But traditional mammograms aren't very good at finding tumors in young women, whose breast tissue can be too dense to allow clear images. While early mammography does save lives, the X-rays miss up to one-fourth of the breast cancers in women in their forties.

That's why the experts have long waffled in their screening recommendations. The American Cancer Society and National Cancer Institute say *all* women should start getting annual mammograms at 40. But the U.S. Preventive Services Task Force endorses screening only for women age 50 or older.

New technologies ought to end the confusion. More accurate high-definition digital computer images could soon replace traditional X-ray film. And this year, the Food and Drug Administration approved a new type of scanner that uses a tiny electric current, rather than X-rays, to spot breast tumors. In theory, the device won't be fooled by the harmless lumps that often masquerade as cancer on mammograms. If either of these new technologies delivers on its promise, much of the gray area around mammograms may soon turn black and white.

Resources

ORGANIZATIONS

The Breast Cancer Fund
282 Second St., Second Floor
San Francisco, CA 94105
415/543-2979 or 800/487-0492;
www.breastcancerfund.org

The Breast Cancer Fund's objective is to make sure women with breast cancer get the best medical care, information, and support available. The organization raises money for research through unique programs such as climbs of Mt. McKinley.

National Alliance of Breast Cancer Organizations
9 East 37th St., Tenth Floor,
New York, NY 10016
212/889-0606; www.nabco.org

NABCO is a network of more than 375 organizations dealing with all aspects of the disease. The alliance provides referrals, plus updates on medical research and clinical trials. A staff specialist will personally answer questions.

WEB SITES

2 chicks, 2 bikes, 1 cause
www.2chicks.org

This lively site is packed with facts. Its focus is women under 40. Log on for medical information, stories from breast cancer survivors, and musings of its founders, Porter Gale and Donna Murphy, who biked across the United States to raise young women's awareness of the disease.

Breast Cancer Lighthouse
commtechlab.msu.edu/sites/bcl

A virtual support group, this site features in-depth, user-friendly medical information, plus stories from women who survived breast cancer and from their partners and children.

BOOK

Dr. Susan Love's Breast Book, by Susan M. Love, M.D., with Karen Lindsey. Addison-Wesley, 1998, \$17.

The famed breast surgeon's revised edition of this classic resource matter-of-factly and compassionately explains the causes, diagnosis, and treatment of the disease.



IF YOU KNOW WHAT COMES
BETWEEN 33 $\frac{1}{3}$ AND 78,
IT'S TIME TO CALL AN INTERNIST.

If you were around before CDs, it's time to set the record straight: you're old enough to start seeing an internist. Internists are experts in adult health care, specially trained to treat grown-ups like you — from routine physicals

to managing complex medical conditions. So when you choose your primary care physician, consider a Doctor of Internal Medicine — the Doctors for Adults. Because whatever else may have changed, you're not a kid anymore.

INTERNAL MEDICINE
DOCTORS FOR ADULTS

www.doctorsforadults.com

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with support from the American Board of Internal Medicine Foundation

TREATING Asthma

DON'T TOSS YOUR INHALER: IT'S CRUCIAL FOR CLEARING AIRWAYS DURING AN ASTHMA ATTACK. BUT NOW THERE'S A WAY TO GET TO THE ROOT OF THE PROBLEM.

BREATH IS LIFE, yet nearly 15 million people in the United States can't take breathing for granted. They have asthma, a respiratory disease that is reaching near-epidemic proportions. Since the early 1980s the number of Americans with asthma has risen by two-thirds; half a million people are hospitalized with it each year. But recent research has turned up new hope for controlling the disease.

In the past, treatments for asthma targeted attacks in progress: you inhaled a muscle relaxant to open blocked airways. Now most experts see asthma as a chronic inflammation, and they've shifted their tactics to preventing attacks from even starting. The key is steady, long-term use of anti-inflammatory steroids to suppress the underlying problem. This type of treatment makes the difference between living from one attack to the next and keeping asthma at a manageable distance.

The new approach also calls for a different relationship between patient and doctor: To monitor the treatment, both need to work together more closely than ever before. For the best possible care, schedule regular checkups every one to six months. Bring a list of any side effects from your medication; tell your doctor about changes in your routine or environment, even if they seem insignificant; and let the doctor know how satisfied you are with your treatment. Having to curtail activities or rely heavily on an inhaler may indicate that your long-term therapy should be more aggressive.



Resources

ORGANIZATIONS

Asthma and Allergy Foundation of America
1233 20th St. NW, Suite 402
Washington, DC 20036
202/466-7643; www.aafa.org
Check out the Web site for asthma information for children and teens; it also lists the foundation's chapters and support groups.

National Jewish Medical and Research Center
1400 Jackson St.
Denver, CO 80206
800/222-5864, M-F 8-5 MST;
www.nationaljewish.org
During business hours, call to talk with a registered nurse who will answer your questions about asthma, provide referrals to physicians, or send out educational brochures.

WEB SITES

Asthma Information Center
www.mdnet.de/asthma
A forum for patients and professionals to share the latest information about treatments.

The Journal of the American Medical Association's Asthma Information Center
www.ama-assn.org/special/asthma
This site offers in-depth news stories, the latest medical literature, and clinical guidelines. Don't miss the new "patient page" for complete coverage of all the basics.

Yale Pulmonary Medicine Internet Resources
www.med.yale.edu/library/sir
A comprehensive list of Internet resources, including associations and organizations, mailing lists, support groups, newsgroups, and references.

BOOK

The American Lung Association Family Guide to Asthma and Allergies, by the American Lung Advisory Group with Norman Edelman, M.D. Little Brown & Co., 1998, \$13.95.
Practical advice for dealing with asthma on a daily basis, including tips on common treatments, how to avoid triggers, and getting support from family and friends.



My asthma?

I'm on top of it.

Once-a-day SINGULAIR

helps control your asthma for a full 24 hours.

SINGULAIR is not a steroid. SINGULAIR is an asthma controller medication that's proven to help control your asthma all night and day. SINGULAIR helps keep the airways open, making breathing easier — which can mean less frequent, less severe symptoms and fewer attacks. In clinical studies, an asthma attack was defined as an emergency room visit, a hospital admission, an unscheduled office visit, or a need for oral, intravenous, or intramuscular corticosteroid. SINGULAIR has also been shown to reduce reliance on rescue medications.

So go ahead, have lots of fun. But first, see your doctor about SINGULAIR.

SINGULAIR should NOT be used for the immediate relief of asthma attacks. You should still have rescue medication available and continue to take your other asthma medications unless your doctor tells you to stop. SINGULAIR should be taken once a day, in the evening as prescribed, whether or not you have asthma symptoms. If your symptoms get worse or you need to increase the use of your rescue inhaler, contact your doctor at once.

In clinical studies, side effects were generally similar to a sugar pill. They were usually mild — including headache, flu, and stomach pain — and generally did not stop patients from taking SINGULAIR. Your doctor can provide a complete list of reported side effects for adults and children. Check with your doctor if you're pregnant or nursing.

SINGULAIR is available in a 10-mg tablet for adults and a 5-mg cherry chewable tablet for children 6 to 14. SINGULAIR may be taken with or without meals.

Ask your doctor about SINGULAIR, and call 1-888-721-7265 or visit our website at www.singulair.com.

Effectively helps control asthma.

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)



ONCE-A-DAY
SINGULAIR®
(MONTELUKAST SODIUM)

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)
Generic name: montelukast (mon-te-LOO-kast) sodium

Please read this information before you start taking SINGULAIR®. Also, read the leaflet each time you renew your prescription, just in case anything has changed. Remember, this leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medication and at regular checkups.

What is SINGULAIR®?

- SINGULAIR is an oral tablet.
- SINGULAIR is a leukotriene receptor antagonist that works by blocking substances called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR should **NOT** be used for the immediate relief of asthma attacks. If an attack occurs, you should follow the instructions your doctor has given you for asthma attacks.

What is asthma?

- Asthma is a chronic lung disease. It cannot be cured — only controlled.
- Symptoms of asthma include:
 - Coughing
 - Wheezing
 - Chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Can SINGULAIR be used in children?

- Chewable tablets of SINGULAIR are for children 6 to 14 years old.
- Phenylephrine: SINGULAIR chewable tablets contain 0.842 mg phenylephrine.
- Research with SINGULAIR has not been done in children younger than 6 years old.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. Your doctor or pharmacist has a list of the components of SINGULAIR.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant.
- If you are breast-feeding.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR regularly once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- Do **NOT** take SINGULAIR to relieve an asthma attack. If an attack occurs, you should follow the instructions your doctor has given you for asthma attacks.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. SINGULAIR may be taken with or without food.

- Do not share SINGULAIR with anyone else; it was prescribed only for you.
- Keep SINGULAIR and all medicines out of the reach of children.



Children who are prescribed SINGULAIR should take it under the supervision of an adult.

Can I take SINGULAIR with other medicines?

- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not decrease the dose of any of your asthma medicines unless you are told to do so by your doctor.
- Your doctor may decide to reduce the amount you use of your current asthma medication.
- Scientific studies done so far suggest that SINGULAIR will not change the way other medicines work that you may be taking.
- However, because studies cannot look at all medicines, it is important to tell your doctor about all other medicines you are taking, including those you can get without a prescription.

What should I know while taking SINGULAIR?

- If your asthma is made worse by exercise, you should continue to use the medicines your doctor has prescribed for you to use before exercise, unless your doctor tells you otherwise. You should always have your inhaled rescue medicine for asthma attacks with you in case you need it.
- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs.

What are the possible side effects of SINGULAIR?

Like all prescription drugs, SINGULAIR may cause side effects. In studies, side effects usually have been mild. They generally have not caused patients to stop taking SINGULAIR.

- The list below is **NOT** a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects.
- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medication).

Some of the side effects reported in studies include:

tiredness	heartburn
fever	dizziness
abdominal (stomach) pain	headache
stomach or intestinal upset	rash
(gastroenteritis)	

Additionally, the following have been reported: allergic reactions such as swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing, hives, and itching; dream abnormalities, drowsiness, irritability, and restlessness.

A condition, which includes a combination of certain persistent or worsening symptoms, has been reported rarely in patients given SINGULAIR. These symptoms may include: a flu-like illness, rash, pins and needles or numbness of arms or legs, and severe sinusitis. These have occurred usually, but not always, in patients whose oral corticosteroid medicine for asthma is being reduced. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor immediately if you experience a combination of these symptoms.

Remember, anytime you have a medical problem you think may be related to SINGULAIR, talk to your doctor.

This leaflet provides a summary of information about SINGULAIR. If you have any questions or concerns about either SINGULAIR or asthma, talk to your doctor. In addition, you can talk to your pharmacist or other health care provider. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals.

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MERCK & CO., Inc.
Whitehouse Station, NJ 08889, USA
9094204

NOTES

Nixon

VERBATIM

"I want to look at any sensitive areas where Jews are involved ... You can't trust the bastards."

"[Attorney General John] Mitchell was arguing strenuously about the law this morning, and I said, 'Goddamnit, forget the law.'"

"I'm not even going to come out against homosexuals. I need 'em all."

"Get it done! I want it done! I want the Brookings safe cleaned out!"

"You've got a senile old bastard in [Supreme Court Justice] Hugo Black. You've got an old fool and a black fool in that Thurgood Marshall. Then you've got William Brennan, I mean, a jackass Catholic."

"Frankly, we shouldn't have had those interns. They're a pain in the ass."

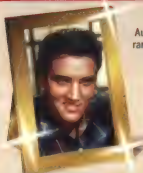
—RICHARD NIXON,
in newly released tapes

Sources: Washington Post; Fox (2); AP (2); CNBC



A 52-STORY WHITE HOUSE Donald Trump has thrown his crown into the ring, forming an exploratory committee for a presidential bid. He's exploring how much Pennsylvania Avenue real estate goes for, how a *FORUS* casino would do ...

WINNERS & LOSERS



ELVIS PRESLEY

Auction of his stuff sells for King's ransom. Best items: Army fatigues and *Burning Love* cape

JAMES HOFFA

Lands first Prez at a Teamster dinner since F.D.R. "Yo! Need some help parkin' that limo?"

LUDWIG VAN BEETHOVEN

Lost score is performed centuries after his death. The kid's got staying power

AUGUSTO PINOCHET UGARTE

Ex-junta biggie can be extradited on torture charges. Bon voyage from victims' families

AMERICAN HOME PRODUCTS

Fen-phen maker cuts \$3.75 billion settlement for injuries. Talk about belt tightening

DENNIS HASTERT

Nailed for \$1,000-a-plate b'fast with lobbyists: loses HMO vote. Newt without the charm



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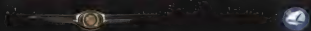
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POLITICS

But These Electricians Showed Up on Time

IT SEEMS THAT ALMOST EVERYONE WON something from the meeting between Teamster president **JAMES P. HOFFA** and President **BILL CLINTON** last Thursday in New York City. Clinton secured Hoffa's backing for **HILLARY RODHAM CLINTON'S** bid for a Senate seat. Hoffa was publicly accepted as a national labor leader—or at least one with whom you could be seen in public. In fact, it was Clinton, not labor, who pushed hard for the invitation. If there was any loser, it was **AL GORE**. Hoffa remained firmly in the camp of those who want the AFL-CIO to withhold its early support for Gore, which could hurt the Vice President dearly. Gore needs labor's backing and, most important, its dollars to



Clinton won a Teamster endorsement for Hillary

shore up his flagging fund-raising efforts. Now Gore will have to spend time and money courting the leaders whose support seemed certain just weeks ago. It may be tough. Several labor leaders grumbled that Gore had hired nonunion electricians to set up his campaign headquarters in Nashville, Tenn. Ouch. —By Edward Barnes

SPORTS

Jeff Gordon Would Look Great in a Duster

THE BRASS AT DAIMLERCHRYSLER HAVE finally decided to re-enter the world of stock-car racing. The German-American automaker will announce this week that it is offering a car with a Chrysler engine and a Dodge body to NASCAR teams. The old Chrysler Corp. dropped out of stock-car racing when the company slashed its motor-sports program in



NASCAR races will include Dodes

the 1970s in an effort to save money. It is no secret in Detroit that representatives from NASCAR have been wooing Dodge for years in hope that the addition of another big all-American nameplate will help make the Winston Cup series even more popular. With NASCAR events routinely outdrawing basketball, baseball and ice hockey on network and cable television, DaimlerChrysler officials believe the time has come to return to the track, putting aside those very '70s concerns about fuel economy and safety. —By

Joseph R. Szczyrny/Detroit

Ask Dr. Notebook:

Q: The bombs the Air Force has been dropping on Iraq lately seem heavier than normal. What's the deal?

A: They sure are heavy! They're made of concrete. Wary of causing collateral damage (that's military-speak for murdered civilians) that could lead to international sympathy for Saddam Hussein, the U.S. has opted for dropping friendlier, 2,000-lb., laser-guided bombs on military targets. We've tried warm-and-fuzzy wartime techniques before, like when we blasted **MANUEL NORIEGA'S** compound with loud rock music. Once, the CIA considered a plot to make Fidel Castro's hair fall out by putting thallium powder in his boots. The Army also fed unsuspecting U.S. soldiers with LSD. You don't get much warmer and fuzzier than that!



Manuel Noriega

Q: This week Houston, which lost its National Football League team two years ago, was awarded a new NFL franchise for 2002. This year Cleveland, Ohio, which lost the Browns in 1996, fielded its new expansion team, called the Browns. And Los Angeles, which had a team until 1995, continues to angle for a new one. Why doesn't the NFL just keep teams where they are in the first place?

A: Good point.

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BUSINESS



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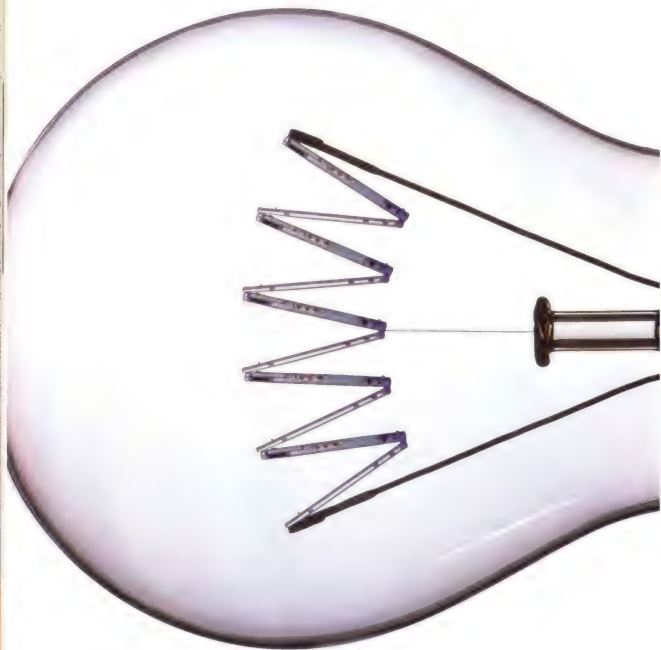
LIFE

Every year, 3.5 million people are injured at work. That's where my job starts, making all the calls I can to get patients into the most appropriate doctors, or just helping them find alternate jobs they can perform while in recovery. I worked in a hospital for 27 years, so I know what it's like to need the help of another person. That's why I'll be there, on the other end of the phone, coordinating care, so these people can get their lives back on track. //



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row 12

row 11

row 10

row 9

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Word Scramble

Rearrange the letters of each phrase to uncover people in the news:

- 1) Bold, elite haze
- 2) Damp old runt
- 3) Sod! I'm run nerd
- 4) Legal bits
- 5) Postulate huge ignorance
- 6) Oh my God! I rail up urinal

FUN FACTS!!

DID YOU KNOW? ... On Jan. 1, 2000, Britain's health service plans to pass out thousands of extra morning-after pills. Talk about Y2-get-laid!

WOULD YOU BELIEVE? At Friday's auction at the MGM Grand in Las Vegas, Elvis Presley's draft card was sold for a whopping \$22,500! Viva Las Booming Economy!

BELIEVE IT OR NOT! George Word Search

Match the presidential candidate to his foible:

- | | |
|--|-------------------|
| ❶ Dislikes shaking hands | a) Bill Bradley |
| ❷ Finished fifth from last in his college class | b) Pat Buchanan |
| ❸ Likes Van Morrison | c) George W. Bush |
| ❹ Admitted smoking pot | d) Donald Trump |
| ❺ Asks supporters to pray for him and his wife | e) Al Gore |
| ❻ Wrote college thesis on Canadian trade with Cuba | f) John McCain |
| | g) Gary Bauer |

Find these 17 words or phrases connected to the Texas Governor: N.R.A., COMPASSION, G.O.P., "DUBBYA," WAR CHEST, LOW TAXES, FISHING, GUNS, OILERS, LAURA, POPPY, CATS, JUNIOR, TEXAS, POLLS, IOWA, GOLF

C G O L F W W W G W
A O W W A Y B B U D
T P M W P N R A N W
S W W P T E X A S W
W C O C A I N E R A
A P O L L E S W W E R U
W A R O I N U J I I A L
I W S E X A T W O L
F I S H I N G W W N

Connect-the-Dots

A lot of Russians are involved in money laundering. Can you connect the dots to the highest levels of the government?



Word scramble answers: 1) Elizabeth Dole; 2) Donald Trump; 3) Edmund Morris; 4) Bill Gates; 5) General Augusto Pinochet; 6) Mayor Rudolph Giuliani

PAWLITICS

CAT FIGHT You think we've got nutty candidates? The British just chose a cat called Mandu as co-leader of the Monster Raving Loony Party. How does the moggy match up to the Body?



JESSE VENTURA	CAT MANDU
POLITICAL ALLIES:	Sisters Cat Astrophy and Cat Aylsts
ENEMIES:	Fang, a dog owned by a rival candidate
RECENT OUT-BURST:	On cat food (through spokesman): "We're fed up with being forced to eat all this man-made stuff."
	On organized religion: "It's a sham and a crutch."

THEN & NOW



"You are commanded to produce each and every gift ... given to you by Defendant." —Subpoena received by Monica Lewinsky in Jones v. Clinton



"You are commanded to produce any and all gifts received by you from the Plaintiff." —Subpoena received by Callista Fisk in Newt Gingrich divorce

CALVIN TRILLIN

She Likes Ron for Ron!

WISH I COULD RID MYSELF OF THE PREMONITION THAT somebody's going to get killed trying to measure Ron Perelman's waist. In August, Perelman, a billionaire who normally avoids speaking to the press, granted an interview to the *New York Times*. Apparently trying to alter the widespread public impression of him as a pudgy little bald guy surrounded by glowering security guards, Perelman said, "I do take a fat picture, but I've got a 28-in. waist!"

It's not the sort of quote we've traditionally associated with financial titans. I can't imagine Andrew Carnegie calling in the press to insist that his buns were in fact a lot tighter than photographs made them appear. Still, times have changed. Personally, I took Perelman at his word. Also the *Times* reporter, Rick Marin, provided some confirmation in the story: "Short he is; fat no."

For a couple of weeks I pretty much lost interest in Perelman's mid-section. Then the press began to dwell on his divorce case with Patricia Duff and his new romance with Ellen Barkin—both women who have been the object of fervent male desire. We've always assumed, it occurred to me, that the attraction Perelman held for such women was, not to put too fine a point on it, \$4.2 billion. Was his *Times* quote meant to indicate otherwise? Was Ron Perelman positioning himself to be considered a hunk?

How would pudgy little bald guys who'd never been within hailing distance of a famously glamorous woman react to the implication that Ron Perelman's edge in such matters is not his billions but six or eight inches in the breadbasket? I began

to picture such a guy, hunched over his fourth or fifth gin in a cheap saloon. On the bar in front of him is a well-worn copy of the *Times* interview and a magazine with Ellen Barkin on the cover. The guy is insisting that Ron Perelman does not have a 28-in. waist.

"That little butterball is lying," he mutters.

But how will he prove it? Perelman's tailor? No, the *Times* said everyone on the payroll signs a confidentiality agreement. After weeks of stewing, the pudgy little bald guy comes to a desperate decision: he will snatch Perelman, take him to a secret location and measure both his waist and his inseam. The second measurement is just in case Perelman calls the *Times* next year to say that despite the misleading impression left by photographs taken in dark clubs among leggy women, he is in fact 5 ft. 11½ in. tall.

"Forget about it," the bartender advises. "It says right in the *Times* story that the man is such a nut about security that boaters who get too close to his dock in East Hampton may get told to buzz off by a guard with a submachine gun."

But the pudgy little bald guy can't forget about it. He does manage to get close to Perelman—the security guards apparently assume from his appearance that he's a relative—but then a burst of automatic gunfire nearly cuts him in half. The security guards later tell police that they shot because one of them thought he'd spotted a Javanese garroting device inside the pudgy little bald guy's jacket. When the police turn him over, of course, it turns out to have been a tape measure. ■



60 SECOND SYMPOSIUM

NICE TRICK This season the networks have given us lots of prostitutes, but how realistic are they?

We asked Norma Jean Almodovar, a former L.A. traffic officer turned call girl, who is founder of the International Sex Worker Foundation for Art, Culture and Education. Here's what she thought:



FRASIER: The worst portrayal is the call girl who dated Niles Crane. She

is the stereotypical dumb whore. Niles, a psychiatrist, didn't know he was dating a whore. What does that say about his profession? A funny bit for TV, but it wouldn't happen. At least not to someone in our profession.



THE WEST WING: This call girl could be one of the many real-life law

students who moonlight as hookers, trying to make ends meet while getting an education. What could be more educational than dating someone in the White House? You don't think it could really happen? Don't bet on it.



ACTION: This character is intelligent, gutsy, funny and by no means beautiful.

Despite the occasional lapse into pimp clichés (we don't all have one), the writers have produced a realistic character who is not evil incarnate yet does not have the proverbial heart of gold. Could a prostitute end up as a studio exec? Who says they haven't?

MILESTONES

INJURED. DARREN ("Droz") DROZDOV, 30, professional wrestler known for his ubiquitous body decoration; with a neck fracture sustained during a match with rival D'Lo Brown; in Uniondale, N.Y. He is paralyzed below the waist.



DIED. ALEX LOWE, 40, perhaps the greatest American mountaineer in recent years; in a massive avalanche on Tibet's Shisha Pangma, the world's 14th highest peak. Lowe climbed the nose of El Capitan in 10 hrs. and made the first solo ascent of the north face of Wyoming's Grand Teton. He conquered Everest twice. Despite the superlatives regularly heaped on him by colleagues, he said, "I'm just the world's most dogmatic climber."



DIED. BERNARD BUFFET, 71, austere French painter whose dark landscapes and portraits (like the De Gaulle he did for TIME, above) were inspired by postwar Paris; by his own hand, after a battle with Parkinson's disease; in southern France.

DIED. ART FARMER, 71, bebop and ballad trumpeter; of cardiac arrest; in New York

City. During a 50-year career, Farmer, who also played the fluegelhorn (and a hybrid called the flumpet), founded the mainstream jazz sextet Jazztet and played with Johnny Otis and Lionel Hampton.



DIED. MARTIN DAVIS, 72, creator of Paramount Communications; of a heart attack; in New York City. Former boss to Hollywood heavyweights Michael Eisner, Barry Diller and the late Brandon Tartikoff, the famously temper-prone executive took over the company from Gulf & Western in 1983—and doubled its stock value in his 11 years at its helm. Among his better-known takeover attempts: an ultimately unsuccessful bid to wrest Time Inc. (parent company of TIME) from Warner Communications in 1989.



DIED. AKIO MORITA, 78, co-founder of Sony and the man most responsible for making "Made In Japan" a tribute; of pneumonia; in Tokyo (see EULOGY).

NUMBERS



\$15,440 How much a Hong Kong woman paid two men for 430 stomach tablets to cure the Y2K bug

\$321 Typical cost of a "Y2K survival kit" for sale on U.S. websites, containing items like Kool-Aid and Spam, worth a total of \$50



27 Number of earthquakes in the San Francisco Bay area last week

1 Position of San Francisco in MONEY magazine's survey of the top-300 most desirable places to live

5% The approximate amount that college tuition and fees rose this school year, the lowest in four years

2.26% Current annual rate of inflation



\$7 Amount that New York City hospital cashier Linda Williams was charged with stealing, a crime she was acquitted in federal court last week

\$40 Amount her legal-aid attorney billed the city for every hour he spent in the courtroom

Sources: AP; Better Business Bureau; U.S. Geological Survey; Money; Wall Street Journal; Consumer Price Index; New York Times; New York Law Journal

EULOGY

In late 1991, **AKIO MORITA**, a colleague on the Trilateral Commission and a longtime friend, told me he was concerned about the state of U.S.-Japanese relations. In the wake of a series of high-profile acquisitions of American properties, including Rockefeller Center, by Japanese companies, Japan bashing had become somewhat of a national sport in the U.S., and a tone of superiority had crept into many public pronouncements emanating from Tokyo. Akio proposed that the two of us attempt to counter this trend through "dialogue" that would be taped for TV and then published in Japan. His purpose was to remind his fellow citizens of their enduring political, economic and cultural



links to the U.S. The two of us—along with a retinue of TV technicians—spent a fascinating day at my home in Westchester County, N.Y., discussing this and other matters. Our day together had a great effect on me personally—and I believe a positive impact on Japanese attitudes toward the U.S.—for it gave me a deeper understanding of Akio's lively intelligence, his enormous grasp of world affairs and his wide-ranging knowledge of art. He had a profound commitment to international cooperation from his years as a young man in the U.S. during the difficult postwar period. It is Akio's wisdom, his candor about issues that truly matter and his great warmth and humanity that I will greatly miss. —**DAVID ROCKEFELLER**

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“I DON’T WANT TO LIVE LONG. I WOULD RATHER GET THE DEATH PENALTY THAN SPEND THE REST OF MY LIFE IN PRISON”

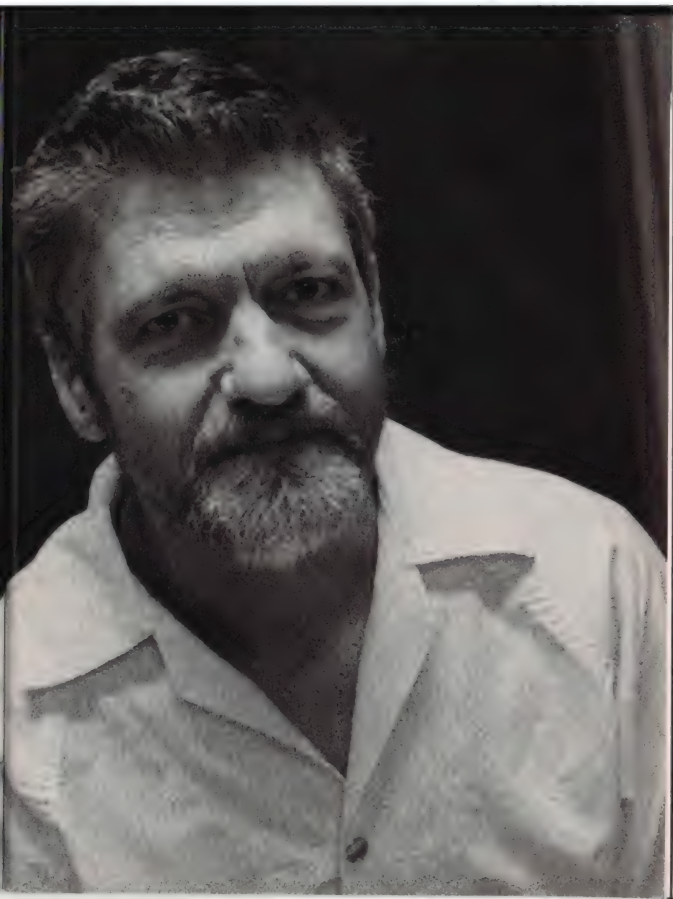
Ted Kaczynski talks about life in jail, his appeal plans and his brother David, who still struggles over the decision to turn in the Unabomber

By STEPHEN J. DUBNER

THERE IS PROBABLY NEVER A GOOD TIME TO ASK THE QUESTION—*Tell me, do you consider yourself insane?*—but when the time comes, Ted Kaczynski responds without hesitation. “I’m confident that I’m sane, personally,” he says. “I don’t get delusions and so on and so forth... I mean, I had very serious problems with social adjustment in adolescence, and a lot of people would call this a sickness. But it would have to be distinguished between an organic illness, like schizophrenia or something like that.”

He is sitting on a concrete stool in a concrete booth with windows made of reinforced glass. When he was first led in, his wrists were handcuffed

CELEBRITY INMATE Ted Kaczynski, behind glass at the “Supermax” prison in Colorado



“Why did I do it? I was full of contempt for him, and when you have contempt for

behind his back. Facing forward, he squatted down so a guard could remove his cuffs through a slot low in the door. This was how things are done at the federal “Supermax” prison in Florence, Colo., where he has been since last spring and may well remain for the rest of his life.

His voice is nasal and singsongy, full of flat Chicago vowels. He is 57, his hair and beard trimmed close, and his upbeat manner hardly resembles that of the man who three years ago was marched out of his tiny Montana cabin and into infamy. He makes constant eye contact, laughs easily and often; when it's time for a photograph, he jokingly pops out a fake front tooth, as if to parody the deranged mountain-man image he inhabits in the public's mind. He is, for the most part, affable, polite and sincere. It would almost be easy to forget that he mailed or delivered at least 16 package bombs and then logged the results with the glee of a little boy tearing the wings off a fly. Over the course of 18 years, the Unabomber killed three people and wounded 23 more.

When he was arrested, Kaczynski was widely assumed to be insane. But he will not tolerate being called, as he puts it, “a nut,” or “a lunatic” or “a sicko.” He says he pleaded guilty last year only to stop his lawyers from arguing he was a paranoid schizophrenic, as had been the diagnosis by court-appointed psychiatrists.

While the world might take some comfort in attributing Kaczynski's deeds to illness rather than ill will, he is actively opposed to lending such comfort. He has written a book, *Truth Versus Lies* (to be published by Context Books in New York City), its chief aim is to assert his sanity. The book does not address the Unabomber crimes (nor does Kaczynski in person, for he is seeking a retrial and doesn't wish to damage his slim chances), but it is the most thorough accounting of his life to date.

The book is also Kaczynski's counter-attack against his brother David. It was David, of course, who turned Ted in, at the urging of his wife, Linda Patrik, the woman who had come between them years earlier. After Ted's arrest, David was instantly lauded as a sort of moral superhero for sacrificing his beloved if troubled brother. Not surprisingly, Ted finds fault with this scenario. David's decision to turn him in, he says, was less a moral or lawful one than a way to settle a perversely complicated sibling rivalry. Beneath David's love for him, he argues, lay “a marked strain of resentment,” and “jealousy over the fact that our parents valued me more highly.”

“It's quite true that he is troubled by guilt over what he's done,” Ted writes, “but I think his sense of guilt is outweighed by his satisfaction at having finally gotten revenge on big brother.”

THERE IS, IT SHOULD BE SAID, A CERTAIN LACK OF PERSPECTIVE IN Ted's writing. After all, it was he, not David, who sent the bombs. Still, the original tale had been so much neater: the evil, deranged brother and the righteous, heartbroken brother who put a killer out of commission. As it turns out, the Kaczynski tragedy is more Greek than American, a morally complicated tale in which even the most righteous intentions have created shadows that will haunt all the players for the rest of their lives.

In the wake of the Unabomber's arrest, as David simultaneously lobbied for Ted's life and reached out to Ted's victims, he

and Linda struck me as extraordinary. They seemed to have stumbled into an impossible situation and acted honorably at every turn. Several months ago, I contacted them to talk about the price of morality—that is, the cost they have paid for committing a deeply difficult act. Because they have sold the book and film rights to their story (the money, they say, will largely go to a fund for bombing victims), certain aspects of their lives are off limits, but otherwise they were forthcoming and frank.

As publication of Ted's book neared, however, what became even more intriguing than the consequences of their moral act were the motivations behind it. So in August, I wrote to Ted; I wanted his take on the tortured dynamic between the two brothers and the woman who has played such a catalytic, though overlooked, role in their story. (David and Linda were upset when the article shifted in this direction, and eventually stopped participating.)

Ted, as it turned out, was more than eager to talk about David. And about pretty much everything. The life of a notorious prisoner, he admits, has its advantages. He lives on “Celebrity Row,” a group of eight cells protected from the prison's general population. His cell is equipped with a television set (he says he rarely watches) and a light switch, which allows him to stay up at night reading (he has gift subscriptions to the *Los Angeles Times*, the *New York Review of Books*, the *New Yorker* and *National Geographic*) or writing (answering letters or preparing legal papers). He goes to bed around 10 p.m. and wakes up before 6 a.m., when breakfast is delivered. “The food here, believe it or not, is pretty good,” he says. He showers only every other day (“I have sensitive skin”) and several days a week is allowed a 90-minute recreation period—the only time he has contact with the other “celebrity” prisoners. “These people are not what you would think of as criminal types,” he says. “I

mean, they don't seem to be very angry people. They're considerate of others. Some of them are quite intelligent.”

Among them, he says, are Ramzi Yousef, the mastermind of the World Trade Center bombing, and Timothy McVeigh. One can only imagine this bombing trio's conversations. Kaczynski says McVeigh (who has recently been transferred to another prison) lent him one of the most interesting books he's read lately, *Tainting Evidence: Inside the Scandals at the FBI Crime Lab*, by John F. Kelly and Phillip K. Wearne. “I mean, I knew from my own experience that they were crooked and incompetent,” Kaczynski says, shaking his head and laughing. “But according to this book, they're even worse than what I thought.”

Contacting the FBI, he says, was only the beginning of his brother's betrayal. By arguing that Ted should not be sentenced to death on account of mental illness, David committed a dual sin: labeling Ted crazy and dooming him to an utterly unnatural existence. “He knows very well that imprisonment is to me an unspeakable humiliation,” Ted writes in *Truth Versus Lies*, “and that I would unhesitatingly choose death over incarceration.”

At one point, I ask Ted what he would have done had their roles been reversed, had Ted suspected David of being the Unabomber.

“I would have kept it to myself,” he says.



DAVID AND LINDA
With the decision, their marriage has undergone and survived great stresses

someone, you tend to be disregarding of his rights. —Ted on reading Linda Patrik's letters to David

"Is that what you feel he should have done?"

"Yeah."

When I ask Ted what he would say to David if he were in the room now, he answers, "Nothing. I just wouldn't talk to him. I would just turn my back and wouldn't talk to him."

David, who lives in upstate New York and works as a counselor at a teenage-runaway shelter, says he still loves his brother. He has written him repeatedly, offering at least one apology, but Ted has not answered. In order to gain forgiveness, Ted writes, David must renounce the "lies" he has told about Ted, leave his wife and remove himself from modern society. "If he does not redeem himself," Ted adds, "then as far as I am concerned he is the lowest sort of scum, and the sooner he dies, the better."

It is as awkward to face the gulf between these two brothers as it is difficult to overestimate the depth of feeling that once passed between them. Ted's life was steeped in rejection, isolation and anger; through it all, his younger brother was the only person ever to connect with him.

David's feelings for Ted, in fact, bordered on worship. He was particularly smitten by Ted's belief that modern man was being corrupted by society in general and technology in particular. "Knowing him as I do," Ted writes, "I am certain that if Dave had known of the Unabomber before 1989—the year David moved in with Linda Patrik—he would have regarded him as a hero."

David adamantly disputes this—he deplores violence, he says—but he doesn't seem surprised to hear Ted say it. "I think every person is a mystery, and it's strange to me that a person I grew up with and was very close with remains one of the biggest mysteries of all." David's manner is as gentle as Ted's is brisk, and he speaks with a great earnestness. (The teenagers he counsels call him Mr. Rogers.) When he talks about his brother, however, his voice is full of resignation, the sort felt by someone who has watched a relationship curdle beyond recognition.

THE BOYS TOGETHER

TED AND DAVID'S PARENTS, WANDA AND THEODORE R. KACZYNSKI, were atheists, working-class intellectuals who valued education and dearly wanted their sons to succeed on a higher plane.

Ted proved to be exceptionally bright from an early age. He was generally happy, he writes, until he was about 11. That was when he skipped the first of two grades in school, which led to his entering Harvard at the age of 16. At school he was painfully awkward around his older classmates. At home he sulked, and his parents, he says, railed against his antisocial behavior, calling him "sick" and "a creep." He began to despise them, especially Wanda, who he felt treated him more like a trophy than a son. "I hate you, and I will never forgive you, because the harm you did me can never be undone," he would write her more than 30 years later. (Through David, Wanda declined to be interviewed for this article.)

David Kaczynski, seven years younger, had an easier time of things. He too was bright—he would go on to study literature at Columbia University—and he was far more socially adept.

The brothers got along fairly well, although Ted admits to taking out his teenage frustrations on David. Nevertheless, it was Ted whom David most admired, especially as Ted began to speak about abandoning civilization to live in the wilderness. The boys' father often took them on hikes outside Chicago, and Ted read extensively about nature, wondering what it might be like to live beyond the reach of the modern world.

At Harvard, Ted felt socially isolated by other students. He recalls that "their speech, manners, and dress were so much more 'cultured' than mine." There was an even greater unease in

Ted's life: he suffered from what he calls "acute sexual starvation." Sexual references run throughout his book, and although he never ties them into a knot, one cannot help wondering if sexual frustration was his main despair. As an adolescent, he recalls, "my attempts to make advances to girls had such humiliating results that for many years afterward, even until after the age of 30, I found it excruciatingly difficult—almost impossible—to make advances to women ... At the age of 19 to 20, I had a girlfriend; the only one I ever had, I regret to say." According to a psychiatric report compiled before his trial, Ted, while in graduate school at the University of Michigan, experienced "several weeks of intense and persistent sexual excitement involving fantasies of being a female. During that time period, he became convinced that he should undergo sex-change surgery."

In the face of such constant sadness and humiliation, Ted Kaczynski eventually decided he would live out his life alone in the wilderness. His retreat to the Montana mountains could simply be viewed as an embrace of a desire he harbored much of his life. Or it could be viewed as a rejection of the world that had rejected him—a world full of purposeful academics and scientists, of happily married couples, of people who weren't humiliated by daily social interaction—and that would someday pay for its ease.

GROWING APART

WHEN ASKED ABOUT THE FONDEST MEMORIES HE HOLDS OF DAVID, Ted cites a day in the early 1970s in Great Falls, Mont. David had been there first, after college, and was working as a copper smelter. Ted was building his cabin on land the brothers had bought together outside Lincoln. One day, Ted recalls, they took their baseball gloves to a park. "We were as far apart as we could get and still reach each other with the ball," Ted says, smiling, as if lost in the moment. "We were throwing that ball as hard as we could, and as far as we could ... And so we were making these running, leaping catches. We made more fantastic catches that day than I think we did in all the rest of our years together."

Their bond now was perhaps as strong as it would ever be. They were a pair of anti-careerist Ivy League grads united by their love of the outdoors—and also, frankly, by their failure at romantic love. David had been only slightly more successful with women than Ted. He had already decided that there was only one woman he could ever love—her name was Linda Patrik—and though they had a few dates during college, things didn't work out.

In Great Falls, Ted often spent the night at David's apartment. One day, while David was not at home, Ted came across some letters from Linda, whom Ted had never heard David mention. "They were in a drawer," Ted writes, "not lying out in the open, and I knew that he would not want me to read them, but I read them anyway ... Why did I do it? I was full of contempt for him, and when you have contempt for someone you tend to be disregarding of his rights."

Ted thrived on his brother's adulation but was also "disgusted" by it, he writes. While they shared a disdain for materialism and an "oversocialized" lifestyle, Ted considered David undisciplined, physically and intellectually lazy. He also felt David was prone to manipulation, especially by women—as Linda Patrik's letters seemed to illustrate. "The letters were not very informative," he writes, "but they did make this much clear about Dave's relationship with Linda Patrik: He had a long-term crush on her; his relationship to her was servile." Ted saw David, derisively, as more companion than mate to Linda, "a shoulder for her to cry on."

David and Linda had grown up together in Chicago, and he had never given up on her. They kept in touch while David lived in Montana, and throughout the 1970s, as he taught high school

“It's strange to me that a person I grew up with and was very close with remain

English in Iowa, wrote an unpublished novel and drove a commuter bus near Chicago. But Linda eventually married another man. Faced with this reality, David slipped off to the wilderness—interestingly, not to Ted's Montana mountain area but to the Big Bend desert region of western Texas. He had \$40,000 in savings and, like Ted, a vague plan to spend the rest of his years alone.

He lived in a fortified hole in the ground called a pit house, with no plumbing or electricity. He kept writing but was mainly, according to a friend, “a lost, searching, unhappy soul.” He and Ted wrote each other frequently, extremely tender at times but just as often engaged in brittle clashes of ego. “If that story is typical of your previous writing,” Ted wrote after David sent him some of his fiction, “then it's obvious why no one wants to publish your stuff—it's just plain bad, by anyone's standard.”

In 1982 Ted broke off communication with his parents. Given his brand of terrorism, the breakup's “proximate cause,” as he puts it, was ironic: he was annoyed by the packages of food and reading material his mother mailed him.

For several years, David was Ted's only link to the family and seemingly the only person in a position to mediate his growing anger. Today David will not say when he began to suspect that Ted was mentally ill, only that “clearly he has had very serious mental and emotional problems.”

In September 1989, David wrote Ted to say he was leaving the desert. Linda Patrik had divorced, and after she visited him in Texas, David decided to move with her to Schenectady, N.Y., where she taught philosophy at Union College.

Ted's response had the tone of a scorned lover, or a deposed guru. “If you don't irritate or disgust me in one way,” he wrote, “then you do so in another... And now, to top off my disgust, you're going to leave the desert and shack up with this woman who's been keeping you on a string for the past 20 years.” He continued, “I can pretty well guess who the dominant member of that couple is going to be. It's just disgusting. Let me know your neck size—I'd like to get you a dog collar next Christmas.”

He added that he wanted nothing more to do with David, ever, then signed off with a typically manipulative flourish: “But remember—you still have my love and loyalty, and if you're ever in serious need of my help, you can call on me.”

It is tempting to interpret Ted's anger as a reaction not specifically against Linda—he had never met her—but against his acolyte's attainment of something he had spent his life without: a woman.

THE FOLLOWING SUMMER, DAVID AND LINDA WERE MARRIED IN A Buddhist ceremony in their backyard. Ted did not attend. Two months later, David's father became ill with late-stage lung cancer. David returned to Chicago; driving home from the hospital after a radiation treatment, father and son had a long, cleansing talk. That night Theodore R. Kaczynski gave David his gold watch; the next day he shot himself.

Ted did not attend his father's funeral either. By this point, Linda Patrik, having read Ted's letters to David, recognized that her brother-in-law was trouble. According to the *Journal of Family Life*, a small Albany, N.Y., publication, Linda forbade David ever to let Ted into their house; she went so far as to warn her fa-

ther in Chicago that if for some reason Ted were to come to his door, he was to be turned away. She took some of his letters to a psychiatrist, who judged Ted to be paranoid and possibly dangerous. She and David inquired about having him institutionalized, but were told that would be impossible unless Ted were to volunteer. Or unless he had committed acts of violence.

He had done so, of course, and would continue. But David had no inkling—and, as Ted's still reverent little brother, no desire to have an inkling—that Ted might be the Unabomber. It was Linda who first raised the possibility. In September 1995, when the *Washington Post* and the *New York Times* published the Unabomber's “manifesto,” she cajoled David into reading it. After negotiating with the FBI and deliberating with Linda (one keenly senses she herself might have turned Ted in, had David refused), David told the authorities where they would find his brother.

■ LIFE AFTER THE DECISION

LINDA AND DAVID STILL LIVE IN SCHENECTADY. THEY BOUGHT their handsome, low-ceilinged, blood-red house—built in 1720—just before the Unabomber was unveiled. Linda now wishes they could live outside the city, away from curiosity seekers who want to see the home of the Unabomber's brother. On the summer weekend I visited, most of their things were still in boxes. They had just returned from sabbatical and were soon heading out to a monthlong Buddhist seminar.

Linda, 49, and David, 50, have both gone gray since the 60 Minutes interview in which they pleaded that Ted's life be spared and announced they would take no money, reward or otherwise, generated by this case. Their marriage has grown stronger these past years, they both say, but when asked about Unabomber-induced tensions, Linda promptly ticks off items on her list. While she was the catalyst for capturing the Unabomber, for instance,

most reporters wanted to speak only to David. “Then I got to feel envious,” she says, “and David gets credit for turning in his brother, and I don't.” She was also jealous of how some journalists, especially those young and female, regarded her husband, “gazing at him with puppy-dog eyes and hanging on every word.” Did her philosophy students ever question her about the moral dimensions of her dilemma? “No, no, no. They come to me and say, ‘Oh, your husband's so wonderful, you're so lucky to be married to such an ethical man.’” She sticks a finger down her throat and pretends to gag. David laughs uncomfortably. As she speaks,

he listens, careful not to interrupt; when it is his turn, he seems to tread lightly.

I had expected, I must admit, a more united front. Only now do I realize their desire to turn Ted in may not have been unilateral: Linda was afraid of this man she had never met, while David loved at least a part of him. That their marriage could survive such pressure—even before the media wave—says a lot about it.

Alone, David is looser. He plays baseball in an over-30 league, and one morning he took me to his game. (He played first base and pitched, batting two for four.) Baseball, he says, is the one thing that allows him to forget the ordeal, if only for a few hours. On the drive home, he spoke passionately about his love of nature, literature and philosophy. Before long, though, his mind returned



MY BROTHER, THE ENEMY
Ted says David was motivated by a desire for revenge

one of the biggest mysteries of all."

—David Kaczynski, on his brother Ted

to the Unabomber. Soon after his brother's arrest, he says, "I had a depressive realization that I don't know if I'll ever really feel care-free again, ever come upon those moods where you just feel un-alloyed delight and joy." Before his discovery that Ted was the Unabomber, he adds, "ethical questions weren't that important to me. I was more interested in trying to break through and find the transcendental. But now I have all kinds of questions about other things. I thought I knew the difference between right and wrong." Clearly, that difference has been forever muddled—for his decision to turn in the Unabomber was the right thing to do, as wrong as it feels to have imprisoned his brother.

And now comes Ted's book, charging that David's decision was in some part based on resentment. "I think he's wrong there," David says, while acknowledging that "there have been times when I felt some resentment of Ted" and that Ted sometimes made him "very angry."

David, it seems likely, will forever wrestle with the horrible bind his murderous brother put him in. Balancing his devotion to Ted with a devotion to the aftermath of Ted's actions, he is the opposite of a kid who begs his parents for a puppy and then abandons all custodial duties. Last year, for instance, he spent months lobbying Congress (unsuccessfully) to exempt the Unabomber reward from taxes so the bulk of it could go to the victims' fund he and Linda established. Yet David's life, oddly, may be richer now than it has ever been. As a man who has long existed in the shadow of someone else—first his brother, then his wife—he at last finds himself at the center of things. There are humanitarian awards to accept, anti-death penalty interviews to give, victims' rights speeches to deliver. He has even considered a lecture tour with one of Ted's victims.

Might he even leave his counseling job for a life of public speaking and advocacy? "Yes," he says, "but I'm leery of making money or celebrity out of this terrible tragedy. On the other hand, it's an amazing opportunity to be listened to... Obviously, I'm not immune to flattery, and it feels good to get those kinds of strokes from people."

Asked whether he feels guilty for having turned Ted in, David says, "Guilt suggests a very clear conviction of wrongdoing, and certainly I don't feel that I did wrong. On the other hand, there are tremendously complicated feelings not just about the decision itself but a lifetime of a relationship in which one brother failed to help protect another." Even now, he hopes Ted will one day agree to see him, but when asked whether he has envisioned their reconciliation, he grows quiet. "No, I don't think it would be helpful," he says after a time. "The future never meets us in the ways we imagine."

TED LOOKS TO THE FUTURE

TED KACZYNSKI TOO ENJOYS A CERTAIN AMOUNT OF ATTENTION these days. He receives mail from sympathizers and admirers. He has accepted an offer to donate his personal papers to a major university's library of anarchist materials. He wrote a parable for a literary magazine at another university. Speaking with him, one is struck not by the burning anger that characterized his Unabomber campaign but by a satisfaction that the world, at long last, is treating him like a valuable human being.

His spirits don't seem particularly low—not nearly as low as the relatives of his victims might like them to be. To me, in fact, he seems optimistic about life in general.

"Well, obviously I'm not optimistic about life in general," he says. "If I were, then maybe you would have a case for concluding that I was mentally ill."

"Let me try to explain it this way," he continues. "When I was living in the woods, there was sort of an undertone, an underlying feeling that things were basically right with my life. That is, I might have a bad day, I might screw something up, I might break my ax handle and do something else and everything would go

wrong. But... I was able to fall back on the fact that I was a free man in the mountains, surrounded by forests and wild animals and so forth.

"Here it's the other way around. I'm not depressed or downcast, and I have things I can do that I consider productive, like working on getting out this book. And yet the knowledge that I'm locked up here and likely to remain so for the rest of my life—it ruins it. And I don't want to live long. I would rather get the death penalty than spend the rest of my life in prison."

To get the death penalty, Kaczynski will first have to gain a retrial, which he knows is improbable. At a new trial, he would represent himself, but he won't discuss the strategy he might employ.

What would seem most likely is for him to argue that, essentially, desperate disease requires a desperate cure. As the Unabomber manifesto put it, "The Industrial Revolution and its consequences have been a disaster for the human race."

In the Unabomber's mind, society was in desperate need of a brave and brazen savior who wouldn't let murder stand in his way. "Well, let me put it this way," Kaczynski says. "I don't know if violence is ever the best solution, but there are certain circumstances in which it may be the only solution."

To anarchists who advocate violence, Kaczynski has become a hero. He is flattered but notes that "a lot of these people are just irrational." What Kaczynski wants is a true movement, "people who are reasonably rational and self controlled and are seriously dedicated to getting rid of the technological system. And if I could be a catalyst for the formation of such a movement, I would like to do that."

Ted Kaczynski, king of the anarchists. It is a measure of his self-importance—and cruelty—that he envisions such a role as his reward for blowing people up.

Toward the end of our interview, I ask Kaczynski what he would do if, against all odds, he should someday get out of prison. He mentions an anarchist in Oregon with whom he has corresponded. "He has given some talks at colleges about technology and about the Unabomber case," Kaczynski says, "and he's had a very positive response. And if he can get an audience, I could get one much more easily, now that I've been publicized."

And what, I ask Kaczynski, would he tell people, so they wouldn't worry about the Unabomber's being at large?

He laughs at the question and shoots me a look: *You just don't get it, do you?* "Well, I don't know that I would have to relax them," he says. "Just let them worry."



GOODBYE FOR NOW
Ted Kaczynski bids farewell at the end of the interview

Stephen J. Dubner is the author of *Turbulent Souls*, a family memoir

THE NEXT TRIAN

By ERIC POOLEY

LAST WEEK, WHEN GEORGE W. BUSH gave his own party a carefully placed *thwack*—saying the G.O.P. is too often dour, obsessed with wealth and indifferent to the “human problems that persist in the shadow of affluence”—he managed to do a few tricky things at once. He got credit for being warm and caring and optimistic while distancing himself not just from congressional Republicans but from Washington itself—all by trumpeting the success he and other G.O.P. Governors have had reducing crime, welfare dependency and the like. “Something unexpected happened on the way to cultural decline,” he said. “Problems that seemed inevitable proved to be reversible.”

Among those marveling at the Texas Governor’s deft move was the reigning master of deft moves, Bill Clinton. Inside the White House on Wednesday, sources told *TIME*, the President offered a critique of Bush’s speech that included moments of grudging admiration and startled recognition. “He saw himself in Bush,” says an adviser. “A whole lot of himself.” On Capitol Hill, where House Speaker Dennis Hastert and other G.O.P. bosses were enraged by Bush’s words, aides to minority leader Dick Gephardt told Hastert’s people, “Get used to it. We’ve been putting up with this for seven years.” Bush called Hastert on Thursday to make nice, sources told *TIME*; earlier, Bush strategist Karl Rove called Representative Tom Davis, chairman of the National Republican Congressional Committee, to offer Bush’s fund-raising help.

As pundits debated whether Bush was trying to move his party to the center or just slapping a happy face on familiar policies, they hauled out the Dick Morris term triangulation, coined by the former Clinton adviser in 1995 to describe the President’s strategy of positioning himself above and between Democrats and Republicans in Congress. But Clinton sees Bush’s moves as having less in common with triangulation than with Clinton’s strategies as a candidate in 1991 and 1992, when he took on the left wing

of his party, challenging its hidebound policies on such issues as welfare, taxes and the death penalty. Clinton’s “Sister Souljah moment”—rebuking the race-baiting rapper at a meeting of Jesse Jackson’s Rainbow Coalition—is merely the most famous of these confrontations, all designed to show that Clinton would govern as a new kind of Democrat. And Bush’s words are designed to show that he would govern as a new kind of Republican—one who uses conservative principles to help the poor as well as the rich.

“Clinton had to be credible on traditional Republican issues like crime and taxes in order to be taken seriously on the compassion issues he cared most about,” says Al

From, president of the centrist Democratic Leadership Council. Bush, says From, has the same problem in reverse: “He has to be credible on compassion issues in order to have the rest of his agenda taken seriously.”

But Clinton and his allies note a difference between what he did in 1992 and what Bush is doing now. As the President sees it, he actually did the hard work of moving his party—debating the policies, fighting the fights—and so far, he thinks, there’s lit-

tle evidence that Bush is trying to transform his party in similar fashion. “When will George W. stand up and disagree with the NRA or the evangelicals?” asks former Clinton aide Paul Begala, who wrote the Sister Souljah speech. Says another adviser: “Bush is just doing a tactical push-off. Is he really going to take on these guys in the House, or just make a speech and then run from it?”

On one policy, at least, Bush really is taking on his right wing. Lost amid the noise last week was the substance of his education address, delivered to the Manhattan Institute, a New York City think tank. Bush outlined a policy that is based on conservative principles but not hatred of government. His plan would push control and accountability to the state level—with fewer federal strings attached—but use a back-door form of national standards to measure success: he would require every state to devel-



THE MASTER
Clinton admired
Bush’s moves



REGULATOR

George W. Bush is so deft he reminds Bill Clinton of himself. But can the G.O.P. front runner move his party to the center—and does he even want to try?

op its own annual achievement tests. States that show improvement would receive more federal money; states that don't would see dollars diverted to a fund for charter schools.

The plan replicates on the national level a system that has been working in Texas, where Bush pushed control to the localities but insisted on statewide tests to measure progress. The scores have been improving ever since, though Bush fought pitched battles with religious conservatives who opposed the tests and other parts of his program. He was able to neutralize them because he was so popular

in the middle that he didn't need the fringe. Now he's trying to exploit the same dynamic nationally. "It's a different league but the same style of baseball," says Bill Miller, an Austin consultant who has worked with both Republicans and Democrats. And Bush's rivals are now reacting the same way his Texas opponents did—balking at standards even if they're administered by the states. "It's one step away from a federal mandate that says, 'You'll have to use our test,'" says Steve Forbes' campaign manager, Bill Dal Col.

This is an important debate within the party—Bush in favor of activist government, hard-liners against—and it's what Bush was getting at last week when he said that "too often my party has confused the need for limited government with a disdain for government itself." But in the hubbub after his speech, his campaign ran away from its implications. As conservatives from Rush Limbaugh to Gary Bauer screamed that Bush was declaring war on his base, his campaign launched two contradictory bits of spin.

One set of advisers said Bush meant to send a

message to his party.

"What we're saying is that conservative principles are right," a top adviser told TIME, "but what you derive from those principles, the focus you take, has been wrong." Another set began claiming that Bush's remarks had been off the cuff and misconstrued, that he had been talking about unfair "perceptions" of the G.O.P.

This second line of spin was not courageous—or true. The speech had been in the works for a month, and principled slaps at the G.O.P. had been in the earliest versions. Indeed, Bush had been saying similar things in milder terms since summer, calculating that he can chide conservatives and woo moderates without losing his right flank. But he knows the primaries aren't over. The only rival gaining on him is Sen-

ator John McCain: in New Hampshire he has picked up 13 points in a month, standing at 23% to Bush's 43% in one poll. But McCain is even more critical of the G.O.P. than Bush, so Bush's words could conceivably help him fend off McCain. Forbes will label Bush a closet tax-and-spend liberal in a massive TV assault set to begin late this year, and Bush is preparing for the attack. Sources told TIME that Bush held focus groups last week in Iowa, South Carolina and New Hampshire, showing gauzy biographical ads as well as mock attacks anticipating what Forbes will throw at him: that Bush is not a real conservative.

Beyond the posturing rivals and professional loudmouths, many conservative leaders secretly are not that concerned about what Bush said last week. They know he has a history of offering moderate rhetoric, then coming down solidly in their camp. Two weeks ago, he opposed a G.O.P. plan to delay tax-credit payments to low-income workers, saying his party's leaders shouldn't "balance their budget on the backs of the poor." But he supported the party's \$800 billion tax-cut plan, which would require deep cuts in worthy programs aimed at the same people.

The pattern isn't new. Last year the Texas G.O.P. refused to let the Log Cabin Republicans, a national organization of gay G.O.P. members, set up a booth at the party's convention. Bush spoke out on behalf of the Log Cabin, saying it "should be treated with dignity and respect." But when the Texas legislature considered a hate-crime bill with special penalties for crimes against gays, he opposed it. He promised to veto any bill repealing the state's homosexual-sodomy law, and he supported legislation that would ban gay adoption and even take children away from gay couples who had already adopted them. Even Forbes couldn't get to the right of that.

Now Bush is under the hot lights. He can either return to his old pattern—kind words and cold policies—or offer more of the innovative conservatism his new education proposal represents. Education has always been his best issue, but he needs to build on it. And the old tricks may not win over the moderates he's after.

—With reporting by James Carney and John F. Dickerson/Washington

HOW BUSH HUGS THE MIDDLE

- **EDUCATION:** He's for national standards but local control; pushes charter schools harder than private-school vouchers
- **BUDGET:** Wants to cut marginal tax rates for the working poor as well as the rich
- **GAYS:** Favors warm talk but cold policies

Margaret Carlson

My Evening with the Donald

Are we ready for a man who likes palaces and pre-nups?



I COULD BE MARRIED IN 24 HOURS," INSISTS TWICE-DIVORCED would-be presidential candidate Donald Trump, as if the all-night convenience store had brides on Aisle 3 for the politician who finds he's running low on family values. He twists the gooseneck lamp in the back of his limousine to shine it on his companion, Melania Knauss, a model just back from a photo shoot for *SPORTS ILLUSTRATED*'s swimsuit issue. "Is this the next First Lady of the United States or what?" he asks. She beams under the tiny spotlight, showing teeth like a prize filly at the state fair.

Well, perhaps. At a time when a wrestler who looks down on organized religion but dreams of being reincarnated as a piece of lingerie can become a Governor, it's not totally outlandish for an Elle Macpherson clone to be measuring drapery for the East Wing.

I have come to New York to see if Trump, the umpteenth person to form a presidential exploratory committee this year, is as big a jerk as he sometimes seems to be. Not that being a jerk automatically disqualifies a person from becoming a candidate these days: anyone with airfare and a website can jump in. But he's the first real estate developer with a skyscraper-size ego to run, a man famous for prompting Marla Maples' tabloid headline *BEST SEX I'VE EVER HAD*, and for refusing to shake hands for fear of germs. As he shakes mine, I ask him if he's got over this phobia. "I don't mind shaking the hand of a beautiful woman," he croons. "It's worth the risk."

With an answer like that, how big a jerk can he be? But what about the vision thing? Every candidate needs one. He's for tax cuts, against affirmative action and pro-choice; he fears that if we outlaw guns only outlaws will have guns and thinks campaign finance is a complicated issue but simple enough for him. He can afford to think that. "I'm prepared to spend what it takes, \$20 million to \$40 million," he declares, "and then I won't be beholden to anyone." Does he really have the cash, having gone neck deep into debt in the early '90s? "I could be very liquid very quickly, and I wouldn't have to sell a thing." Take that, Steve Forbes.

But who is going to vote for the king of broads and black-jack, pre-nups and palaces in a year when the public is looking for a grownup as an antidote to Bill Clinton? "All my construction guys love me. The guy who picks up the bus at the Port Authority, gets \$50 in chips and a ticket for the all-you-can-eat buffet and takes the missus to the Trump Taj Mahal, he loves me," says Trump. He takes further comfort in a *National Enquirer* poll that shows him at the front of the pack.

He boasts that he already owns the southern White

House, which means he won't be mooching off rich friends on Martha's Vineyard. "I bought Mar-a-Lago [a Palm Beach, Fla., estate], which Marjorie Merriweather Post willed to the government to be used by Presidents," he says. He brags he paid only \$8 million, a steal at the time.

But if Trump's prepared with the real estate, he's less prepared with the foreign policy. He may have to pull as many all-nighters as Republican front runner George W. Bush. Trump does know the difference between Slovenia and Slovakia, but some of his writing reminds one a bit of the hawkish general played by George C. Scott in *Dr. Strangelove*. "I would let Pyongyang know in no uncertain terms that it can either get out of the nuclear arms race or expect a rebuke similar to the one Ronald Reagan delivered to Muammar Gaddafi in 1986," he wrote two weeks ago in the

Wall Street Journal. Bombs away! No, he demurs in an interview. He just wants to "negotiate from strength. The U.S. shouldn't be powerless against a madman." As for Castro, Trump wrote that the Cuban leader should be tried for crimes against humanity as "the most abnormal political figure in our hemisphere." Hmmm. Isn't a politician who doesn't shake hands a little abnormal too? Trump says he's working on that.

Over Labor Day weekend, the Reform Party's highest public-office holder and a kingmaker, Minne-

sota's Jesse Ventura, tracked Trump down in Las Vegas and encouraged him to run, telling him Trump could draw from the same disaffected groups as Ventura did. The two stayed in touch, and last week Ventura called to say he could come to New York. Trump said, "Come to dinner at my place [the four-star Jean Georges at the Trump International Hotel]. I'll bring Melania." Ventura said, "Great. I'll bring Woody Harrelson."

To each his own. Trump scoffs at the usual reasons for launching a third-party bid. He says he's not just looking to get his hands on the party's \$13 million in federal matching funds or to have a podium at the debates or to gain spoiler status. "I'm not running for some measly 22%. I will only do this if I can win."

There's a mob scene outside the restaurant, but there's quiet elegance inside, if you ignore the beefy bodyguards. Trump's putative First Lady is so nervous around the Reform Party kingmaker that she knocks over the crystal. But no one minds. It looks like a party made in heaven.



Trump and Ventura plotted over a four-star meal in New York City



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Preaching Chastity In the Classroom

More sex-education classes are teaching kids only about abstinence. Will they listen?

By JODIE MORSE WAGO

IT'S ASSEMBLY TIME AT LA VEGA HIGH School in McLennan County, Texas, and a roomful of juniors and seniors is talking about the facts of life. "From this day forward, what's going to be too far for you?" asks traveling lecturer Eric Tooley, as he distributes a work sheet on "physical affection" that begins with talking and holding hands and progresses right through to sexual intercourse. "Circle the things you're not going to do until marriage." As the students finish up their assignment, Tooley makes clear his own preference: "Virginity is a gift you get to give away only once in your life, and I hope you save it for marriage."

After years of high teen-pregnancy rates in McLennan County, a publicly funded group has mounted a controversial community-wide crackdown on teen sex known as "abstinence-only education." Its proponents argue that giving kids an unambiguous abstinence message—rather than telling them to wait but distributing condoms for when they don't—will curb teen pregnancies, decrease the spread of sexually transmitted diseases (STDs) and make for "sexually healthier" adults. And they warn against a strain of human papilloma virus that is linked to cervical cancer—and is not prevented by condoms. Opponents of abstinence-only education, however, call it "erotophobic" and fear it could prevent kids from learning what they need to know about sex.

The debate is set to become more

prominent—and heated—over the next few months. G.O.P. presidential front runner George W. Bush is taking the abstinence issue to the campaign trail. As Governor, he has poured \$6 million into abstinence programs. And he has pledged that if elected President, he would allocate some \$135 million, or the amount the government now spends on contraception programs, to "elevate abstinence education from an afterthought to an urgent priority." Accordingly, McLennan County is being watched as a bellwether.

Enthusiasm for the just-say-no approach began with little-noticed G.O.P. welfare-reform legislation, setting aside \$50 million over five years for states that exhort kids to save sex until marriage. Since the measure took effect two years ago, some 700 schools and community groups in 48 states have snapped up the funds, according to a study by the Sexuality Information and Education Council of the U.S. (SIECUS). Five states have gone a step further, mandating that abstinence-only programs be taught in all their schools. The programs vary widely, but the federal funds require that children be taught the "harmful psychological and physical effects" of premarital sex. Contraceptives, if mentioned at all, must be

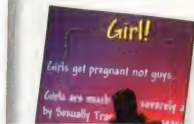


JUST DON'T DO IT In sex-education class, La Vega students share thoughts on compatibility, dating, love and marriage

cast as unreliable in preventing pregnancy and disease. Explains Robert Rector, a senior research fellow at the conservative Heritage Foundation, who helped draft the original legislation: "The programs simply tell them the more sex they have outside of marriage, the less will be their prospects for human happiness."

In McLennan County, that message shows up everywhere from hard candies emblazoned SEX IS MINT FOR MARRIAGE to pledge cards asking kids to forswear sex. At La Vega, Tooley delivers a stern lecture on the ineffectiveness of condoms, telling students the devices fail to protect against HIV anywhere from 10% to 43% of the time (as opposed to the 1% failure rate claimed by the Centers for Disease Control and Prevention when condoms are used properly). Students view graphic slides of a uterus before and after the onset of pelvic inflammatory disease. At a recent abstinence class for seventh- and eighth-graders at nearby West Middle School, lecturer Rene Rochester gave a pep talk urg-

TEACHING TOOLS In lieu of contraceptive demonstrations, posters and pep talks urge students to value their virginity



ing students to stem their sexual urges by "controlling...adrenaline" flow.

Abstinence advocates claim credit for a decline in teen pregnancies, down 17% from 1990 to 1996 nationally. But there is no evidence that the abstinence message—rather than, say, more vigilant use of contraceptives—is behind the trend. The government is one year into a three-year, \$6 million assessment, but so far, few reputable studies of abstinence-only programs have been conducted. "The five published evaluations of abstinence-only programs did not find a delay in the onset of sexual intercourse, but the jury is still out," says Douglas Kirby, a senior research scientist who has studied abstinence programs for ETR Associates, a non-profit health-education and research organization based in Santa Cruz, Calif. He adds that 11 studies show programs that combine an abstinence message with information about contraceptives either delayed teen sex or reduced its frequency.

Public health experts have a more pressing concern: the programs could undo a decade of progress in education about safe sex. "Denying them information about contraception and STD protection puts them at risk," says Debra Haffner, president of SIECUS. Then there's the question of the psychological impact of such a message on adolescents just embarking on the awkward terrain of sexuality. Warns Pam Smallwood, education director of Planned Parenthood of Central Texas: "If all kids learn about sex is that if you touch it you'll die, how can you ever expect them to develop healthy relationships?"

To quell such worries, some educators and policymakers are embracing more comprehensive sex education. Waco public schools, which comprise the largest school district in McLennan County, declined the federal and state grant money for abstinence-only education and opted instead for a curriculum that includes information about contraceptives. Some schools in Minnesota have a dual-track sex-ed system, in which parents choose between an abstinence-only class and one that includes instruction in other ways of preventing pregnancy and STDs. And in Missouri and California, new laws require sex education to be "medically accurate" in portraying the effectiveness of contraceptives.

The issue is not likely to subside, especially in an election year. But for many students at La Vega High, the debate might seem academic. According to a survey conducted by Tooley, of the 200 participants in their second year of abstinence-only classes, 60% have already lost their virginity—and 10 of the girls are pregnant.

—With reporting by

Hillary Hyton/Waco

Defending a Diet Pill

Before an ABC report airs, Metabolife fights back



IT SHOULDN'T COME AS A GREAT shock that Michael Ellis is a little testy about the news media. While his weight-loss supplement Metabolife 356 is expected to generate \$1 billion in sales this year, critics claim it can have damaging side effects, ranging from nervousness to strokes. To make matters worse, reporters recently discovered that Ellis, a former cop who started Metabolife in 1995, was convicted in 1990—and sentenced to five years' probation—for his small role in a methamphetamine-manufacturing ring.

ly negative report. "We started giving them medical experts around the country, and they didn't want to interview them," he says. When he was interviewed by correspondent Arnold Diaz, Ellis insisted on making his own videotape. "It was more like a deposition than an interview," says Ellis, who claims ABC is retaliating for a lawsuit he filed against ABC Boston affiliate WCVA, which aired its own critical series on Metabolife in May. "Not only is that false, it's silly," says Eileen Murphy, spokeswoman at ABC, which plans to air the report in the next few weeks. "This is an invasion of our editorial process."

Metabolife claims to help people lose weight by speeding up the body's metabolism, using a combination of caffeine and the herbal stimulant ephedra. While two university studies have endorsed Metabolife's effectiveness for weight loss, scientists say its long-term safety requires further scrutiny. The Food and Drug Administration, which has limited power to regulate herbal remedies, has tried in vain to institute tougher labeling and dosage rules for ephedrine dietary supplements like Metabolife. Ellis and his peers have lobbied heavily to block such oversight, claiming the FDA is basing its concerns on anecdotal evidence.

Journalists, meanwhile, are worried that Metabolife's tactic could set a dangerous precedent, encouraging subjects to air their interviews online or even give them to a rival news organization. "It could put you at a competitive



NEWS LEAK:
Michael Ellis
took out ads
to make his
case against
20/20

**SEE THE COMPLETE UNEDITED FOOTAGE
OF AN INTERVIEW BY ABC-TV'S "20/20"
BEFORE THE SHOW AIRS***
at www.newsinterview.com (free site)

*Availability restricted. Not all posted on the world wide web with the complete, unedited footage of an interview by ABC-TV news magazine "20/20" conducted by the network's CBS and NBC affiliates.

Until recently, Ellis fought back against the press the old-fashioned way—issuing forceful denials and filing the occasional libel lawsuit. Last week, though, he launched an unprecedented pre-emptive strike. With ABC's 20/20 preparing a segment about his San Diego-based diet empire, Ellis took out a full-page ad in the New York Times and other newspapers, directing readers to a website (newsinterview.com) where they can see the newsmagazine's full, unedited interview with him, before ABC airs its own snippets.

Ellis claims ABC is preparing an unfair-

disadvantage," says NBC Dateline executive producer Neal Shapiro, who fears the episode could encourage sloppy journalism, as reporters rush their stories out to avoid being beaten. Some TV news executives are considering whether they should require subjects who tape interviews to sign an agreement not to distribute the material beforehand. And some skeptics wonder about Ellis' commercial motives in the whole episode. Everybody who logs on to his site is, after all, a potential customer.

—By Daniel Eisenberg

With reporting by James Willwerth/San Diego

**YOU CAN'T REMEMBER YOUR MOTHER'S MAIDEN NAME.
YOU CAN'T REMEMBER YOUR OWN USER NAME.
FOR MILLIONS OF AMERICANS, THESE ARE THE
INSIDIOUS EFFECTS OF ON-LINE SHOPPING FORMS.**

Last year an estimated 63 million Internet users fell victim to Industrial America's latest toxin: on-line shopping forms. Page after page of senseless requests for detailed and often irrelevant personal information. Hundreds of tiny form boxes that are being dumped into the ethernet daily, and in copious amounts, by silicon factories with million-dollar corporate contracts, clogging the entrails of the World Wide Web. A never-ending flow of info-excrement every on-line shopper is forced to swallow.

Is the United States government aware of this atrocity? Yes, it is. Have any regulatory measures been proposed for the computer industry? No, they have not. Could a covert conspiracy to further subdue the masses be the reason why? You bet it could. After all, forms are a way of life on Capitol Hill. And e-commerce technology provides our government with a convenient device with which to perpetuate mass oppression.

We are the Coalition Against On-line Forms (C.A.O.F.), an organization of The People,



dedicated to the eradication of all forms of Internet red-tape. Our strategy is simple: drive public awareness, provide victim support and lobby for change. Our Guiding Principles are these: 1. Each and every human has the right to shop on-line, free from exploitation. 2. Through grassroots activism, we will create a safer, more user-friendly World Wide Web. 3. Elected public officials must take an active roll in amending current on-line form policies. 4. We owe our children a world free of on-line harassment of any kind. In addition to nationwide boycotts, demonstrations and

protest rallies, C.A.O.F. has submitted a referendum that would establish these United States of America as a "Form-Free Zone." As such, the message to the rest of the world would be clear: zero tolerance.

Earlier this year we were joined in our efforts by Qpass, a Seattle-based company dedicated to eliminating forms from the on-line shopping experience. The alliance has added decisive momentum to our struggle. To date, tens of thousands of consumers have visited Qpass.com and registered for free form protection service. As a result, tens of thousands of Internet users can now safely shop form-free.



Together we WILL overcome the agonized, lingering misery caused by on-line shopping forms. We strongly encourage you to join our cause. For more information about C.A.O.F. and a calendar of coalition events, visit us at www.formssuck.org.

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STOP THE SENSELESS TORTURE

MYSTERY OF CONSCIOUSNESS

After years of probing damaged brains, a neuroscientist defines the mind's awareness

By J. MADELINE NASH

SUDDENLY THE MAN STOPPED, IN MID-sentence, and his face lost animation; his mouth froze, still open, and his eyes became vacuously fixed. For a few seconds he remained motionless. I spoke his name, but there was no reply. Then he began to move a little, he smacked his lips, his eyes shifted to the table between us, he seemed to see a cup of coffee and a small metal vase of flowers; he must have because he picked up the cup and drank from it. I spoke to him again, and again he did not reply."

This incident occurred more than three decades ago, when Dr. Antonio Damasio was a medical student in Lisbon, Portugal, and he has never forgotten it. How was it possible, he wondered, for someone to be there and yet not be there, to be awake and yet not be awake, to be aware of his surroundings and at the same time be oblivious to them? The more Damasio puzzled over what had happened to the patient during an epileptic seizure, the more he felt compelled to confront a much larger question: What is it about the human brain and its networks of neurons that give rise to consciousness?

In recent years scores of scientists have grappled with that profound question, among them mathematical physicist Roger Penrose, biologist Francis Crick and psychiatrist Allan Hobson, as well as many philosophers. Their answers have ranged from the optimism of Tufts University's Daniel Dennett, who says consciousness will one day be understood as nothing more complicated than a kind of biological software routine, to the outright pessimism of Rutgers University's Colin McGinn. He regards consciousness as "the ultimate mystery, a mystery that human intelligence will never unravel."

Now it's Damasio's turn. In a

new book titled *The Feeling of What Happens* (Harcourt Brace; \$28), the noted neuroscientist not only argues that human consciousness is comprehensible but also offers an arrestingly original explanation of its workings. What makes his views so noteworthy is that they're grounded not in theoretical musings but in years of clinical research on patients who are epileptic or have suffered brain damage through strokes, disease or traumatic injuries.

From these studies, Damasio, who is chairman of the University of Iowa's neurology department, concludes that consciousness is a layered edifice, like some Mayan pyramid or Mesopotamian ziggurat. It is based on an inchoate feeling of self that arises from the brain's detailed "diagram" of the body. Damasio says this diagram, which is continuously revised by the senses, can be thought of as the "protoself"; it props up the rest of the structure.

All kinds of creatures, even ones as lowly as snails, have protoselves, Damasio says, but they aren't really conscious. Consciousness, he explains, requires a nervous system sufficiently evolved and complex that the organism can hold in mind the image of a protoself's moving through and interacting with the world.

It's this core consciousness, as Damasio calls it, that registers "the feeling of what happens," and it's something we share with other intelligent animals, such as dogs. But there is another form of consciousness that embellishes one's image of self with a wealth of autobiographical detail. Damasio calls this extended consciousness, and it requires such a vast capacity for memory that it's probably special only to humans and great apes. Hence, damage to the brain's memory centers can impair a person's extended consciousness while leaving core consciousness intact.



BRAINY PARTNERS: Hanna and Antonio Damasio in front of a favorite subject

Damasio cites the case of a young woman who at age 30, shortly after the birth of her second child, entered a netherworld of nonstop epileptic seizures. The seizures damaged a region of the brain called the hippocampus, so that afterward she could no longer recall the simplest things, like having put clothes in the washer or having given her kids permission to visit friends. For six years she has lived in a free-floating present, unable to form new memories or envision the future. Her extended consciousness has been sadly diminished.





put from the skin, muscles and internal organs but also sends out signals to initiate movement and focus attention, as when emotions send our blood pressure soaring or make our hair stand on end.

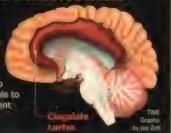
As a demonstration of the cingulate cortex's importance to consciousness, Damasio recalls a patient he calls L. After a comparatively minor stroke, she became bedridden, lying utterly still and mute for six months even though her physical condition seemed to suggest she could have resumed her daily life. During her ordeal, she later told Damasio, she felt absolutely no desire to speak or move. "Her mind," he says, "had not been imprisoned in the jail of her immobility. Instead

it appeared that there had not been much mind at all, and nothing that would resemble consciousness." It turned out that she had done damage to her cingulate cortex.

Even so, Damasio doesn't regard any one region of the brain—or the brain as a whole—as the seat of consciousness. Instead he sees the brain as an interconnected system with cognition (language, memory, reason and emotion) and sensory processes (vision, hearing, touch and taste) centered in different areas. Consciousness, he says, is similarly dispersed.

ONE KEY TO CONSCIOUSNESS

A part of the brain called the cingulate cortex receives sensory input from the skin, muscles and organs, but also sends out signals to initiate movement and focus attention.



For example, stroke patients with damage to the brain's language centers remain, in Damasio's view, perfectly conscious. But while language allows us to express consciousness, explaining our interior state to others, he doesn't regard language as the wellspring of consciousness, as some have claimed it is. Much closer to the wellspring, he says, are our emotions. Indeed, to him, consciousness "is the feeling of knowing that we have feelings."

In the end, though, Damasio admits he hasn't explained consciousness completely either. Perhaps, he muses, so-called mystics like Rutgers' McGinn have it right, and a full understanding of consciousness and its origins—like that of life itself—will always elude us. But, he insists, "it's not justified to say we'll never understand consciousness just because there is an explanatory gap right now." Rather, he sees the quest as a beginning. The brain, he firmly believes, holds answers to questions that we have not yet even thought of asking.

Moon over Eugenia

Say this for the structure of the universe: it does tend to repeat itself. Stars orbit the pivot point at the center of galaxies, planets in turn orbit stars, and moons in turn orbit planets. Last week astronomers writing in the journal *Nature* announced that this cosmic reductionism goes even further. For the first time, ground-based telescopes spotted a tiny moonlet orbiting a mere asteroid in Earth's own solar system.

In most respects the asteroid that's causing the celestial stir is nothing remarkable. Known to

astronomers as Eugenia, it measures about 133 miles across and is one of thousands of bits of cosmic flotsam in the great rubble stream between Mars and Jupiter. When an international team of astronomers working at the Canada-France-Hawaii Telescope (CFHT) on Mauna Kea in Hawaii turned their attention toward Eugenia one evening last fall, however, they spotted something curious. Off on the upper-left corner of the fuzzy-looking image was another smear of light they couldn't identify. "These blobs are often artifacts of the optics," says astronomer William Merline, head of the team, "but this blob hung around. Once we saw it was moving in a pattern consistent with an orbit, we knew it was a satellite."

The Hawaii discovery did

not mark the first time a moonlet had been found around an asteroid. In 1993 the Galileo spacecraft sped past the 20-mile-wide asteroid Ida and spotted a scrap of moon just under a mile wide circling it. But the only way Galileo could detect the tiny target was to fly there across many millions of miles of space and do its exploring up close. Now, thanks to new optics in the CFHT, it's possible to search for moonlets from the comfortable perch of a faraway Earth.

Light streaming in from space tends to get distorted by the planet's atmosphere, causing a star's familiar twinkle. The CFHT, however, is equipped with optical hardware that lets it calibrate itself on the light from a known star—whose degree of atmospheric distortion will generally be

predictable—and then use that information to correct the distortion of other, unknown bodies. A little fiddling with the incoming image and even the blurriest picture snaps right into focus.

Already the discovery of the moonlet is paying scientific dividends. By analyzing the orbit of the satellite, astronomers are drawing surprising inferences about the composition of Eugenia itself. Most asteroids are thought to be about three times as dense as water, but Eugenia is barely 20% denser, suggesting it either is made of loosely packed rubble or is rich in ordinary ice. Further analysis could help settle the question, and more discoveries of more moonlets could shed similar light on Eugenia's asteroid-belt sisters.

—By Jeffrey Kluger

A DAY AT THE SPA

For the stressed out, the time pressed and the bone weary, indulgence is just around the corner

By TAMALA M. EDWARDS

AVON KNEW IT WAS TIME FOR THE most personal of makeovers. In business for more than a century, the company seemed fusty and passé, a bunch of pesky ladies in sensible shoes pulling samples out of Tupperware. But when Avon decided to present a new face last fall, it didn't seize on snappy slogans or supermodel spokeswomen. Instead, it opened a day spa.

Now on New York City's Fifth Avenue not far from Tiffany's gems sits a different kind of jewel box: a 20,000-sq.-ft. pleasure palace awash in cool shades of celery and dove and replete with overstuffed furniture and antiques. Top stylists have been lured to snip and color hair, usually after guests have had massages, facials, mud-packs, herbal wraps or nail services. "With career and mothering, I don't have time," says TV producer Colleen Crowe, 39. But every few weeks, she'll break away for a leisurely manicure, haircut and massage. "Just walking down the hall feels luxurious."

These days, when the wallets are fat and time is slim, the day spa's the thing. Demand for quick-shot pampering has driven up the number of such spas from 30 in 1989 to 1,600 this year, according to *Spa Finders* magazine. But it's not just about full-service emporiums like Avon. Barbers are rubbing backs, department stores are doing aromatherapy, and gyms are packing mud. There are spas-mobles that bring the cos-

setting to your home, and special "teen" packages for your kids. "The business is going nuts," says Peggy Wynne Borgman, a Saratoga, Calif., spa owner and consultant.

Traditionally spas were places for the sickly to take the waters; later they were known mainly as fat farms. Spas got a better rep as luxurious destinations like Canyon Ranch and Golden Door opened in the 1960s and 70s, but these paradises were seen as remote retreats for the rich and famous. In the '90s, day spas have attracted a more diverse crowd, people who can't afford to spend thousands and linger for a week. "I can't get away for that long," says Connecticut motivational speaker Ronni Burns, 47, who gets a massage and facial twice a month. "I find that much relaxing stressful." Joan Haratani, an attorney who soaks in a whirlpool and gets a massage once a week at Oakland's Claremont Hotel, explains, "I don't consider it a luxury. It's an absolute necessity."

Indeed, day spas have evolved from an indulgence to an expected perk. Some health-insurance providers, like Blue Cross of California now cover at least some spa treatments if prescribed by a physician. Better hotels simply have to have one, and companies like Hewlett-Packard are hiring on-site massage therapists for employees. Big Business has had its head turned in other ways too. The French giant LVMH, owner of Dior and Givenchy, last spring bought New York City's ultrahip Bliss spa for an estimated \$30 million. Cosmetic companies like Estee

PAMPER POINTS

■ In 1989 there were 30 day spas in the U.S. Now there are 1,600

■ One-third of spa-goers make \$45,000 or less a year; half are between ages 34 and 52

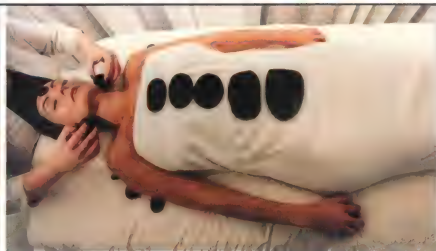
■ In California, Blue Shield pays 25% of some spa bills; Blue Cross covers massage with a doctor's O.K.

■ A quarter of spa-goers are men. Some spas cater to children; others will clean your home while you indulge



Lauder are competing as well, with growing chains of day spas across the country.

With spa reviews splashed across the pages of glossy magazines and hot spas turning up in gossip columns, one almost feels swindled by basic treatments. A massage now seems incomplete unless one is rubbed with freshly grated ginger or kneaded with heated stones (some of which are even placed between your toes) culled from Southwestern rivers. Just trying to choose the right facial can raise your blood pressure: Should it be a glycolic peel or a fruit peel? Some dermatologists have even created "medispas," doing cosmetic procedures like dermabrasions in spalike surroundings.



VENETIAN RESORT, Las Vegas

Left, a customer relaxes in a petal-laden aromatherapy bath before her massage. Below, clients wait for treatments while a harder-working fitness buff scales a wall

AVON SPA, New York City

In the hot stone massage, rocks carefully culled from Southwestern rivers are heated in a meat roaster and placed on the body, in the hands, even between the toes



The fanciest day spas have become experiences, somewhere between theater and sin. Thick swaddling robes, mineral water and wine, gourmet buffets, fresh flowers and piped-in music are typical features. In Las Vegas, Canyon Ranch has opened a 61,000-sq.-ft. day spa—the largest in the country—at the Venetian Resort-Hotel-Casino. Soak and get an underwater massage in a private pool filled with flowers, or stay dry and pick one of the 18 other options, like the Balinese or Indian oil rubs. For the pièce de résistance, visitors soon will be able to steam and swathe themselves in mud in a room where fiber-optic cable replicates the night sky. A soft rain from the fake night dome washes them clean.

One trouble with such high-end spas is that Eve might have a better chance of getting back into Eden than you do of getting an appointment for next week. There's a two-month wait for a signature rubdown at Houston's tony Brea spa. Eliza Petrescu, Avon's eyebrow-waxing czarina, whose customers include celebrities like Natasha Richardson, says her next open 10-min. appointment is not until March 2000. Ann Marie Gardner, beauty director and spa reviewer for the fashionista bible *W*, gripes: "I had my whole office calling. We couldn't get in anywhere on three days' notice, not even little no-name places."

And the quality of day spas can vary widely. While some are luxe, full-service

retreats, others are tacky, glorified nail or hair salons with a wax room. Some discreetly mention products for sale, while others harangue customers to buy expensive wares. Many cannot live up to their extravagant come-ons, promising renewed energy and eternal youth. Yet they may do some good. A 1996 survey at the University of Miami found that 26 adults given 15-min. back rubs twice a week for five weeks showed signs of less stress, were less depressed and performed better on math tests. "Something's working," says Marcia Kilgore, the founder of Bliss. "Or this is the biggest hoax since *The Blair Witch Project*."

—With reporting by
Laird Harrison/San Francisco

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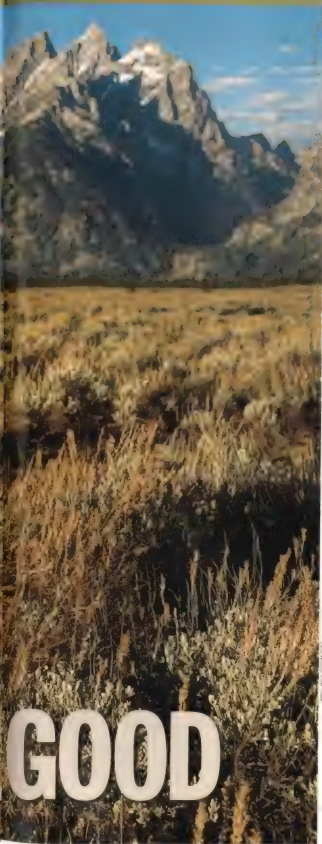
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A man with grey hair, wearing a red jacket and khaki pants, stands in a field of dry grass. He is holding a long wooden stick. In the background, there are two large, dark evergreen trees and a range of mountains under a clear blue sky. The lighting suggests it's either early morning or late afternoon.

HEROES FOR THE PLANET | BUSINESS

More and more companies are waking up to their environmental responsibilities. Here are some trailblazers who show that making a profit doesn't have to create a loss for Mother Nature

THE ROOT OF ALL



Y V O N C H O U I N A R D

Reaching the Top by Doing the Right Thing

By ROGER ROSENBLATT JACKSON HOLE

COUNTRY LIKE THIS COULD BRING OUT ANYTHING in a man—ecstasy, murder, grace. I grow aware of this as I follow Yvon Chouinard along the rocks down an offshoot of the Snake River, in Wyoming's Jackson Hole, in the Grand Tetons. Chouinard, 60, the president and founder of Patagonia, the outdoor-clothing and -gear company based in Ventura, Calif., that seems more interested in protecting the environment than its profits, is about to teach me fly-fishing. Ahead of us, the quicksilver water burbles and shushes. Across the river, the cold mountains, patched with snowfields and dark bruises, poke into a hot, dry sky more white than blue.

All this is new to me. Even the Rockies look different here, more brooding and stuck up. The only fishing I've ever done is the kind Chouinard dismisses as too easy for words—"with live worms!" At the local store, where we got our one-day licenses, I noted the names of the flies on sale: Ausable Wulff, Hare's Ear, Goofus Bug, Wild Muddler. Wild Muddler appealed to me. Chouinard—who is small and tightly built, with the forearms of the blacksmith he once was—wears green canvas sneakers with holes, a pair of yellowed sweat socks, denim shorts, a beaten cap, a Patagonia vest, of course, and a T shirt bearing the words CUTTHROAT BUSINESSMAN. It is a reference to the cutthroat trout he would like to catch (named for the red slash across its throat) and to the antithesis of the sort of businessman he is. He glides from rock to rock like the champion mountain climber he also once was, while I muddle wildly, tottering like a top at the end of its spin, tangling my fishing line and attempting to heed my instructor.

"It's all about process," he says, "fly-fishing and everything else. To fish with a fly is to imitate the fly at its various stages of development. As the fly is born and grows, it changes at different times of the day and year. Sometimes the fish go for the nymph, the youngest stage, at the bottom of the river. Sometimes they wait for the flies when they are emerging upward, attached to a self-created gas bubble. When the fly matures, it lies helpless on the top of the water until the bubble explodes and frees its wings. The fish will try for it then too, and you imitate that stage with a dry fly on the surface. It's a matter of educating yourself—about the insects, fish and water. It's all about process."

He begins my education by showing me dry-fly casting on a path above the river. Move the arm, not the wrist; keep the arc of the cast between 2 and 10 o'clock. But today the fish we are going for, whitefish and cutthroats, are loitering on the bottom. So we will

NO COMPROMISE

Scaling the Grand Tetons, catching a fish or making a sale, Patagonia's founder thinks about the process, not just the goal

wet cast and roll cast instead, with little weights on the line and flies that look like nymphs. Roll casting requires less arm movement. You swing out the line upriver and let it drift down in a natural motion. I find I'm not half bad at this, thanks wholly to Chouinard, who is as aware of the process in teaching as in everything else.

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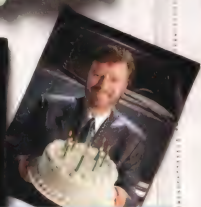
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ENVIRONMENT

TITANIC TOWER
Looming over the developer is his ill-fated skyscraper, which, for all its troubles, may be a pioneering preview of better buildings

DOUGLAS DURST

Can a Times Square Disaster Be an Inspiration?

LAND GRABBER, NEIGHBORHOOD DESPOILER, WHEELER-DEALER—those are the kinds of labels that stick to an urban real estate developer. Concerned environmentalist would not be on the list. But Douglas Durst is a developer with a green streak. And if he's not ready to be lionized by the Sierra Club, you could at least call him the greenest of New York City's megadevelopers.

Durst, 55, the third-generation president of the family-run Durst Organization, prefers to be called environmentally responsible. "I don't like the term green," he says. "Any building, after all, is environmentally disruptive." His latest disruption is a 48-story glass-and-concrete tower that looms over Times Square. It boasts such eco-conscious features as solar-energy panels, on-site electrical generation, internal waste chutes to ease recycling, huge low-glare windows that reduce artificial lighting needs, pumps to circulate fresh air, and nontoxic building materials.

Unfortunately, the laudable environmental goals were overshadowed from the start by sloppiness and tragedy. Two people died and at least a dozen were injured as a result of construction disasters, which included two fires and the collapse of a scaffolding that forced the streets of Times Square to be sealed off for several weeks. None of this had anything to do with creating a green building, but it gave Four Times Square (its official name) a bad

rep and a cynic's nickname: "Times Square Titanic." Some newly ensconced employees of the Condé Nast magazine empire, the building's principal tenant, even contemplated extra life insurance. Then there were the break-in glitches, such as too-cold air conditioning, balky elevators and improperly installed locks.

While appalled by the misfortunes and embarrassed by the start-up snafus, Durst still sees his building as the leading edge in high-rise construction. "We felt we would be creating an example here. Others would have to follow." He notes, for instance, that his tenants breathe air that is 50% fresher than that in most offices. That, along with an abundance of natural light, could perk up employees, hiking their productivity 10% or more, according to some studies. Durst calls this "the biggest argument for green buildings. If you can make people more efficient, that's a huge saving."

He couldn't do all he wanted to. Financial considerations contributed to cutbacks in the number of solar panels and non-polluting fuel-cell power generators. Nonetheless, Durst has drawn a nod from environmental advocates. "This is a good first effort," says Joseph Romm, executive director of the Center for Energy and Climate Solutions in Washington. "The skyscraper is the symbol of American architecture, and Four Times Square has changed the way we think about them."

—By Christopher Hallowell/New York

MALCOLM WALKER

Protester in Pinstripes

THE NAME GREENPEACE IMMEDIATELY CONJURES UP IMAGES of scruffy activists blocking railroad tracks to stop nuclear-waste shipments or challenging whaling ships in rubber rafts. So it's surprising to find in the ranks of this radical green group a button-down business tycoon named Malcolm Walker, who heads Iceland, a British retail food chain with 760 stores and annual revenues of \$2.7 billion. But Walker, 53, whose personal fortune of \$40 million puts him on the British "Rich List" compiled by the *Sunday Times* of London, sees nothing incongruous about his consorting with environmental militants. "I wear a suit. I run a company. I'm interested in profit," he says. "But I'm a member of Greenpeace because no sane person can argue with what they stand for. They want to stop whaling, nuclear pollution and factories dumping poisons into rivers. What's wrong with any of that?"

Unlike many businesses that "window dress," as Walker puts it, their annual reports with environmental mission statements, he's been willing to take a hit on the bottom line, if necessary. In the mid-'80s, when Greenpeace was protesting Norwegian whaling, he canceled a huge prawn contract with Norway at considerable cost, and has done no more business with the country.

Making a profit and protecting the planet don't have to be incompatible. Iceland, which sells kitchen appliances as well as food, has been a leader in marketing freezers and refrigerators that don't damage the atmospheric ozone layer, which protects us from harmful ultraviolet radiation. Old models were cooled by chemicals called chlorofluorocarbons, or CFCs, which can seep out and attack the ozone. And early CFC substitutes, though less destructive, were



COOL AND CLEAN
His company sells freezers and refrigerators free of chemicals harmful to the ozone layer, which absorbs UV rays

still not ideal. Last year Iceland brought out a brand of appliances cooled by isobutane, which does no harm to the atmosphere. On the food front, Walker tries to be a purist. He's been in the vanguard of the European campaign against genetically altered food and has now banished all artificial colors and flavors from Iceland-label products.

He may love his yacht and Elizabethan manor home in Cheshire, near Iceland's North Wales base, but Walker is also fond of his organic garden. "I want to leave a world at least as good as it is now to my children," he says. It's a platitude in the mouths of most, but from Walker, it's a mission he tries to fulfill.

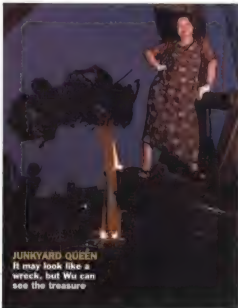
—By Helen Gibson/North Wales

WU CHAO-CHIH

She Likes to Talk Trash

A TOUR OF WU CHAO-CHIH'S DOMAIN IS POTENTIALLY PERILOUS. As the agile Taiwanese woman leads visitors through a cluttered site in suburban Taipei, she warns them to watch out for jagged steel and rusted pipes. But she doesn't seem too nervous about the crane that swings a ton of scrap metal just overhead.

On an island full of "clean rooms" where computer chips are made, Wu, 51, feels more at home in grimy junkyards. As founder and head of the Taiwan Second Resource Recycling Co-operative, she is synonymous with big-time recycling in one of Asia's fastest-growing economies. Working with about 100 recycling companies belonging to her cooperative, she coordinates efforts to collect industrial and consumer trash, salvage everything, from paper and plastic to scrap steel, and mold the refuse into raw materials to feed Taiwan's factories. Out of that garbage heap comes treasure. Last year the co-op brought in more than \$100 million from customers like China Steel and Formosa Plastics. But money is not the motivation behind Wu's not-for-profit outfit. After paying



JUNKYARD QUEEN
It may look like a wreck, but Wu can see the treasure

office charges and the modest salaries of Wu and her staff of seven, recycling revenues go to co-op members, whose scrap yards provide thousands of jobs to poor, relatively unskilled Taiwanese.

It was a desire to work with the underprivileged that got Wu, who took accounting in college, interested in recycling. After spending six years in the U.S. and Japan studying that industry, she returned home in 1989 to find Taiwanese recycling in disarray. National laws required that manufacturers pay fees to subsidize the reuse of materials from such products as bottles and cars. But independent foundations were set up to receive the money, and critics charged that little ever went to recycling firms.

After Wu organized the recyclers and mobilized 100,000 people for a protest march in Taipei, the Taiwanese government investigated the foundations, concluded they were not doing the job and closed them down. Now the manufacturers' fees are funneled to the recycling companies that Wu represents.

During her campaign, Wu made enemies of the government bureaucrats who had been regulating recycling. Perhaps not coincidentally, her co-op was charged with evading taxes in a case that is still winding through the courts. Wu denies the accusation and has no regrets about forcing Taiwan to get serious about recycling. "I established a genuine movement," she says, "and helped many people without a voice."

—By Macabe Keliher/Taipei



AN ECO-FRIENDLY SAMPLER

No products are cost-free to the environment, but these are a little easier on the earth than most

—By Hilary Roxe

★ A SOLUTION FOR THE OVERTIRED

New Jersey sculptor Patrick Palumbo no longer raids junkyards to build his Wildlife Creations tire swings. Companies around the world now send him worn-out tires, helping him fill orders from more than 850 retailers



★ E-COMMERCE WITH A GREEN THUMB

Point your mouse toward www.garden.com for a virtual gardening store with an environmental bent. Texas-based Garden.com claims that more than half its 16,000 products, like a rodent-repelling spray made from rotten eggs, are organic and annoying only to pests

★ NATURAL FROM THE BOTTOM UP

Paper or plastic bag? Cloth or disposable diaper? That kind of question plagues would-be environmentalists. Hempers, a hemp/cotton diaper, adds a twist. Hemp lasts longer than cotton, requires no pesticides and softens in the wash

★ SEE THE LIGHT ON SAVING ENERGY

Forget the dim glare of a classroom's fluorescent strip. The Twister from Lights of America—which makes only energy-efficient products—is a bright, compact fluorescent bulb that fits standard sockets, uses a fraction of the wattage of its incandescent cousins and lasts as long as seven years



★ YES, YOU CAN SAFELY SQUEEZE IT

Made of 100% recycled fibers, this two-ply toilet tissue from Vermont-based Seventh Generation is part of a line of biodegradable, nontoxic household products—from dishwashing liquid to window cleaners—never tested on animals



★ READY TO TAKE SOME MORE BYTES

Software can turn obsolete as fast as Bill Gates can earn another billion, and discarded discs add to the clutter in landfills. GreenDisk in Washington State recycles high-quality diskettes by erasing and reformatting them, making them as good as new



★ ELEGANT AND ECOLOGICAL


Japanese designer Unetsu Furukawa knows eco-chic. This dress, created in rattan, a solid but flexible Asian cane that can be grown without chemicals, is typical of the couturier's use of natural materials. Furukawa's models also show off fashions woven out of fabric made from recycled plastic bottles

★ FINE WINE FROM THE UNTAINTED VINE

Both sommeliers and environmentalists have toasted California's award-winning Sanford Winery. For 16 years, vintners Richard and Thekla Sanford have organically produced wines like this Chardonnay, while taking up such conservation causes as preserving local oak woodlands



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MUSIC

ROCK'S NEW SPIN

From Sugar Ray to Limp Bizkit, rock bands are adding deejays. Are turntables the instrument of the future?

By CHRISTOPHER JOHN FARLEY

GET OUT YOUR OLD RECORD PLAYER. It's probably somewhere down there in the basement behind your broken-down Betamax, a Rubik's Cube or two, and a vinyl copy of *Synchronicity*. Cue up a record, and let it play. Congratulations—you're a musician. There may even be a spot for you on the rap-rock Family Values Tour.

Disc jockeys, of course, have been around for decades. In the 1970s hip-hop founding fathers Kool Herc and Grandmaster Flash helped turn record spinning into an art. And rock acts—Aerosmith, R.E.M., and others—have long sought to bottle the lightning of hip-hop by collaborating with rappers. Today, though, something new is happening: more rock groups—from Limp Bizkit to Sugar Ray—are making deejays fully fledged members, on equal footing with the guitarist and drummer. A couple of years ago, being a deejay in a rock band was maybe the equivalent of being the backup vocalist-designated tambourine player: sure, you were with the band, but groupies weren't exactly asking you to sign their chests. Now deejays are core members.

When DJ Lethal joined Limp Bizkit a few months before the band recorded its debut album, he changed its sound. "It was more of a punk band—it had a punk edge," says Lethal, a Latvian émigré who

had been a member of the Irish-American hip-hop band House of Pain. "What I brought in was more of a hip-hop side." He is working on a solo album.

DJ Homicide was working as a hip-hop radio deejay in Los Angeles before he joined the pop-rock band Sugar Ray in 1994. At first he was a mere sideman—on the band's 1995 album *Lemonade and Brownies*; he's not even in the group photo on the back cover. Then again, the picture is a supremely geeky shot of the band riding on a roller coaster, so maybe being left out was a blessing in disguise. In any case, Homicide says, today he's "cut in on publishing and merchandising, and I'm a full-fledged member." He's still figuring out, though, how to convey the full range of what he does in the band's music videos. Sometimes he just waves around a pair of records. "You are not going to see me programming a drum machine in a video," says Homicide.

"It just doesn't look cool."

Even some established musicians are taking up the craft. Three years ago, Ben Watt, of the pop group Everything But the Girl, put down his guitar and bought a pair of turntables. "I got tired of playing the guitar—it's simple as that," says Watt, who now does a weekly deejay stint at a London club and whose scratching is featured on Everything But the Girl's new CD *Temperamental*. "For the moment, working on my deejay skills seems like an interesting area to explore."



MOBY

RONI SIZEE

There are two schools of thought about the deejay-rock boom. The first school holds that deejays in rock bands are part of a new multidimensional wave of artists who, instead of composing with just notes, compose with whole chunks of songs. The second school of thought holds that people in the first school are what's wrong with education today. Says Jim Tremayne, editor of *DJ Times*: "It seems to me some rock bands are just trying to cultivate an air of coolness with the kids."



DJ LETHAL **DJ PREMIER** **DJ HOMICIDE**

Multi-instrumentalist Moby, whose new album *Play* (V2) is heavily sample-based, is skeptical about the idea that deejays will ever be regarded as true artists. "I think being a deejay is a creative act, but I have a hard time seeing it as a musical act," says Moby, who worked as a deejay for about eight years and recently deejayed at the MTV Video Music Awards. "I see a good deejay as being a really amazing technician as opposed to being a musician." Still, a good deejay can

be a canny promoter. At the MTV awards, Moby says, "90% of the records I played were my own."

Homicide, however, disagrees. He says he is "usually the foundation" for most of the songs Sugar Ray writes. He finds a good beat, a cool sample, and lyrics and melody are layered on from there. With his arsenal of records and drum machines, Homicide says he's able to reproduce a wide range of sounds, from guitar strumming to percussion. "I could be anyone in

a band," says Homicide. "It helps out live and opens up doors creatively."

There are also those who question whether deejay culture is being homogenized by merging with rock. DJ Premier has been busy of late: he collaborated with Limp Bizkit, he provided scratching on Lilith Fair veteran Paula Cole's new album and he worked on rapper Mos Def's brilliant new CD, *Black on Both Sides* (Rawkus). It's a sign of how divided feelings are that, on his album, Mos Def takes a lyrical swipe at hip-hop tinged rock-pop acts, including one his producer DJ Premier worked with, Limp Bizkit. "I ain't tryin' to slow your groove," Mos Def raps about Limp Bizkit's music. "But that ain't the way I'm tryin' to move."

In Europe, deejay culture is more widely accepted. Bands like Roni Size's Breakbeat Era—whose new album, *Ultra-Obscene* (XL/1500/A&M), is a winner—and Portishead—whose 1994 album, *Dummy*, is a classic—build their sound around the turntable. But in the U.S., turntable rock is just starting to have a real impact.

What effect it will ultimately have on rock is still unfolding. A passage in Kurt Vonnegut's *Slaughterhouse-Five* describes a race of aliens who have transcended time. Past, present and future exist all at once for them. These aliens "look at all the different moments just the way we can look at a stretch of the Rocky Mountains."

Deejays bring the same feeling to rock. By sampling from various genres and eras, they make the past the present and vice versa; they turn rock into hip-hop and back again, throwing everything into the mix, making boundaries illusory. Lethal, for example, has 60,000 LPs in his collection, from different decades and different genres. DJ Skribble, who has performed with the hard-rock band Anthrax and who is the co-host of MTV's *Global Groove* dance show, says, "People are now into groups and artists and not specific genres of music. Deejays are making music less segregated." Not to mention giving hope to people who can't play guitar. ■



MOS DEF The rapper's CD has smart lyrics and some stellar production by DJ Premier. But it's also critical of the homogenized hip-hop rock trend

A Star Is Borneo

Decades after Gilligan, CBS creates a real-life band of castaways

By JAMES PONIEWOZIK

IT'S A TOUGH CALL WHICH IS SCARIER: the red-in-tooth-and-claw depredations of a remote untamed wilderness—or a pack of Americans out to win a pile of money and look good on TV. Next summer the question should be answered, however, by CBS's *Survivor*, a million-dollar jungle showdown that might better be called *The Real World: Pulau Tiga*.

The premise: 16 Americans are dropped on a rain-forest island off the coast of Malaysian Borneo, alone except for monitor lizards, poisonous sea krait snakes, food-thieving macaque monkeys and 10 camera crews videotaping their every forage. For about six weeks, with as few supplies as if they'd fled a shipwreck, they must scabble for food, water and shelter by cooperating. Up to a point, that is. Every three days, the group must also vote by secret ballot to expel one or two members—once for each of 13 episodes—until only two remain. The expelled members then decide which of the pair wins a \$1 million prize.

It's this William Colding-esque twist that most intrigues producer Mark Burnett, who characterizes the program as "a human experiment." In real life, "you don't always tell people around you whether you like them or not," Burnett says. "By the time every island council comes, there's going to be a very clear statement by each person about whom he or she really doesn't like." The rejects—the Piggies in this reality-TV *Lord of the Flies*—won't know why they were dumped until the show airs, but *Survivor*'s camera crews will continually interview members about the group dynamics and conflicts, much as MTV's voyeuristic epics *Real World* and *Road Rules* do. ("I can just never, like, respected my personal needs. He refused to suck the venom out of my leg.") To boost the conflict, producers will also include mini-competitions (raft building, nature quizzes) for creature comforts like pillows and soft drinks. And they'll seek con-

testants of all ages (21 and over), regions of the country and walks of life (an application is available at www.cbs.com).

Burnett is known for producing Discovery's grueling wilderness-race show *Eco-Challenge* (scheduled to move to USA network next year), but he says that while contestants will need to be in good health, *Survivor* will emphasize mental toughness: a middle-aged woman, he says, could just as likely win as a 25-year-old commando. Indeed, the psychological rigors of twoscore days in the rain forest—and the potential humiliation of being booted by 15 comrades on national TV—are as worrisome as the jungle fauna. The Swedish show *Expedition Robinson*, from which *Survivor* is adapted, ran into controversy when a participant—the first in his group to be ejected—committed suicide just after returning home, although it was not certain that the show was a factor. For *Survivor*, both

medical and psychological support staff will be on call at a nearby base.

Survivor is only one show seeking to emulate the success of another oddball little imported game show, *Who Wants to Be a Millionaire*, which ABC turned into the surprise smash of last summer (and will bring back for November sweeps); other networks have scrambled to plan updates of classic game shows like *21* and *The \$64,000 Question*. But *Survivor*'s sociological, pseudo-Machiavellian aspect makes it the antithesis of traditional quiz shows, which, with their 1950s-'60s, best-and-brightest vision, place individuals outside a social context and reward them for pure skill. On *Jeopardy!*, that SAT of game shows, what counts is what you know. On *Survivor*, it's as much who you know, and what they think of you.

Which may make it the definitive competition for the era of the corporate retreat and the project team. *Survivor* is designed to reward talents that pay off not in classrooms but in boardrooms, break rooms and locker rooms: succeeding without alienating, impressing without threatening. After the early rounds, after all, looking like a potential winner could be as big a liability as obnoxiousness. "The person who wins the million dollars should be a real winner going forward in his or her life," says Burnett. "Who could survive 13 votes if he or she wasn't a pretty capable and likable person?" The rest leave empty-handed. But they should be able to keep their food safe from macaques for the rest of their lives. ■





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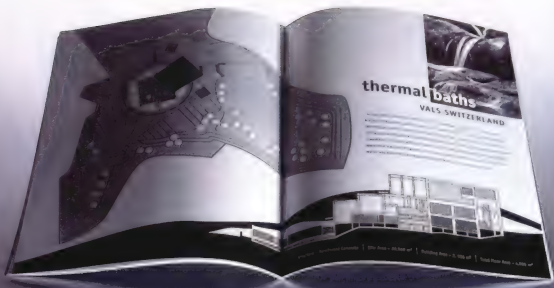
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ANOTHER WORLD: The show covers non-Westerners like Australia's Aborigines

A Quick 1,000

CNN's *Millennium* series serves up whirled history

YOU WOULDN'T HAVE THOUGHT IT, but in his 1998 documentary *Cold War*, Sir Jeremy Isaacs had it easy. In that show, he could impress the viewer with bombshells (real ones); in *Millennium* (CNN, Sundays through Dec. 12, 10 p.m. E.T.), he has to astonish us with what we already know. This 10-hour, chronological series doesn't always succeed, but at its best, its hyper welter of history renders the familiar surprising.

Millennium hopscoches the world in vignettes, making regions characters in a global mini-series (and paying ample attention to non-Western areas). It eschews Ken Burnsian still lifes for a tangle of computer animation, film clips, re-enactments and folk performances, whirling impatiently like the dervishes and dancers it uses to maximum effect. This mix can shock us into seeing the present in the past, as when Isaacs cross-cuts modern Italian hipsters and preening Renaissance Florentines. The conventional re-enactments, however, are like a forced march to colonial Williamsburg.

Isaacs can't help his subject's unruliness, but one wishes for more interpretation and overarching narrative—a history of ideas atop the history of events. There are a couple of implicit morals. The first is that cultures that turned inward, notably China (the breakout star of the show, with an apparent big role in the sequel), have not fared so well as those that were outward looking, even imperialist. The second is that the era's driving force, for good and for ill, is human arrogance. This millennium is a graveyard of eternal empires, authoritative explanations and overreaching ambitions that—like Isaacs'—every so often manage to show us something new under the sun.

—By James Poniewozik

Labor, Love and Ratings

The Learning Channel swaps tax preparation for shows with blood, sweat and, especially, tears

MAREE FLORENCE HAS A SPOT reserved in her living room for at least an hour each day. The ritual is simple; she sits down, calls a friend and turns on the TV. She's not interested in following the inflated antics on *General Hospital* or in catching the latest familial betrayal on *Jerry Springer*. Instead, she turns on the back-to-back *A Wedding Story* and *A Baby Story*—half-hour shows about real couples getting married and having kids—on TLC daytime. "I cry at every one," says the 21-year-old Georgia mom. "I can't help it."

Neither can millions of other women. At a time when fictional soaps are struggling and talk-show ratings are flat, TLC has created buzz—and unprecedented ratings—among the coveted demographic of women ages 18 to 34—out of a lineup of low-budget "lifestyle documentaries" that allow viewers to peer into the lives of real people as they experience key rites of passage. Last month's premiere of *A Dating Story* (you guessed it, real blind dates) grabbed the No. 1 cable ranking in its time slot among younger women—a coup all the more remarkable because TLC has so far done no advertising for daytime, relying entirely on word of mouth.

What's the draw? For one thing, say fans, the shows—yin to the cops-and-car-chase, reality-fare yang—are an emotional thrill ride. It's great weeping material when real dads kiss real daughters goodbye at the altar or when childless couples are handed a baby by a birth mother. And then there's the encouragement of seeing commitment-friendly men, who well up more often than their female companions. (Says Pie Town Productions' Joan O'Connor, who is single, of her work as one of the producers of *Baby*: "It has given me some hope.")

Formerly known as the Learning Channel, TLC wasn't always this intuitive. Before Discovery Communications acquired it in 1991, the channel's more scintillating programs included

an IRS-sponsored instructional called *The Subject Is Taxes* and the crafts-oriented *Sew What's New*. Translating its pedagogical mission into warmer, fuzzier, but still informative reality fare for women fell to daytime-programming chief Chuck Gingold, who had worked at Lifetime and had noticed the huge success of shows about weddings like that of Prince Andrew and Sarah Ferguson. With heightened competi-



tion for the women's market, voyeurism at a premium and a fragmented culture shorter than ever on rituals, Gingold's mid-five-figure-budget shows may be the harbinger of a trend.

The shows are working for TLC—whose daytime, toll-free, direct-response ads have been replaced by commercials from Wal-Mart and Sony. So assuming the more suspenseful *Dating* continues to perform, can tearful bat mitzvahs and confirmations be far behind? Gingold won't say, but he does drive one point home. "You won't be seeing divorces or funerals. This is happy TV."

—By Harriet Barovick

DANCE

We Have Contact

Susan Stroman's new dance-theater piece is kicking the dust off a tired old Broadway

By TERRY TEACHOUT

IN THE '60S, BROADWAY AND MUSICAL comedy were all but synonymous. Of late, though, the Great White Way has become a neon-lit recycling bin for tributes (*Fosse*), revivals (*Annie Get Your Gun*, *Cabaret*), retreat movies (*Footloose*) and British imports that were creatively dead on arrival (any Andrew Lloyd Webber show). Yes, Stephen Sondheim still strikes sparks, while a few up-and-comers, especially Adam Guettel (*Floyd Collins*), show signs of vibrant life. But it's long past time for something really fresh. *Contact*, the exhilarating dance play by choreographer Susan Stroman and writer John Weidman that opened last week at Manhattan's Lincoln Center, is just what the play doctor ordered.

Contact consists of three spoken one-act dramas—Stroman calls them short stories—performed by dancer-actors and accompanied by a delectably eclectic jukebox of recordings by everybody from Benny Goodman and Stephane Grappelli to Robert Palmer and the Squirrel Nut Zippers. Nobody onstage sings a note. In *Swinging*, Fragonard's 1767 painting of an aristocratic young lady (Stephanie Michaels) frolicking in a forest glade becomes a real-life ménage à trois even kinkier than it looks. *Did You Move?*, set in an Italian restaurant in Queens circa 1954, is a bittersweet vignette about an unhappy housewife (Karen Ziemba) who takes refuge in increasingly wild fantasies of life

as a ballerina. *Contact*, the finale, shows what happens when a despondent advertising man (Boyd Gaines) botches a suicide attempt, wanders into a swing-dancing joint and lays eyes on a mysterious dish dressed in yellow (Deborah Yates).

All this may sound implausible on paper—how can you have a musical without singers?—but the results are magical, especially when seen on the three-quarter-round stage of a theater so intimate that you can look every performer right in the eye. "We use real theater dancers, Broadway dancers, because they're such strong actors," Stroman explains. "It's almost like a dance company and an acting company coming together." The feel is that of a trio of exquisitely tooled MGM-style production

SHE'S SMOKIN': Housewife Ziemba takes a waiter (David MacGillivray) for a ride

numbers, but updated (Fred Astaire didn't use the *F* word in *The Band Wagon*) and given emotional weight. Each playlet is peopled with lonely hearts longing to reach out to someone, and when they finally touch, your own heart will do all the singing necessary.

The most affecting performance is that of Ziemba, a hugely admired Broadway veteran whose face, a clown's mask of quiet desperation, suddenly dissolves into maniacal glee as she hears music in her head, grabs the headwaiter and pulls him into a clinch. The happiest surprise is Yates, a svelte ex-Rockette with legs that could make an archbishop sweat. But all the pistons in this engine stroke in the right order, and while you won't recognize any of the names unless you're a theater buff, their collective star quality is unquestionable.

In the end, the true star of the show is Stroman. Broadway discovered her in 1992 with *Crazy for You*, the all-Gershwin musical whose fast-moving, plot-driven choreography won her a well-deserved Tony (and which, doubtless not by coincidence, will be telecast Oct. 20 on PBS in a revival by the Paper Mill Playhouse). But *Contact* may be the vehicle that finally gives her the name-above-the-title standing of a Bob Fosse or Jerome Robbins. Whether crafting a wicked ballet parody or a jet-propelled swing-dance version of *Sing, Sing, Sing*, she knows how to bring every square inch of a stage to fizzing, finger-popping life. Working in tandem with Weidman, her equally celebrated collaborator (his third musical with Sondheim, *Wise Guys*, opens later this season), she uses dance to plumb the deepest desires—with the lightest of touches.

In recent weeks, Stroman, a native of Wilmington, Del., who is cheerfully coy about her age ("You can say that I feel and look 33"), has taken on the becoming flush of a woman who wonders if she might possibly have a smash hit on her hands. "I love stories," she says. "I have a million stories to tell. If Lincoln Center right now said to me, 'Do a *Contact* 2,' I could, absolutely." It's a lovely idea, but there's one catch: *Contact 1* may be monopolizing the Newhouse Theater well into the next millennium.



STROMAN: The choreographer, center, between Ziemba and MacGillivray, says, "I have a million stories to tell"

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INDICATIONS AND USAGE NASONEX[®] Nasal Spray, 50 mcg is indicated for the prophylaxis and treatment of the nasal symptoms of seasonal allergic rhinitis and the treatment of the nasal symptoms of perennial allergic rhinitis, in adults and children 12 years of age and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX[®] Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season.

CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.

WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal, i.e., joint and/or muscle pain, headache and depression. Glaucoma or cataract should be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with special monitoring for acute adrenal insufficiency in response. This is particularly important in those patients who have associated asthma or other clinical conditions, where too rapid a decrease in systemic corticosteroid usage may cause a severe exacerbation of their symptoms.

If recommended doses of topical corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypoadrenalism may occur, including very rare cases of menstrual irregularities, adrenocortical lesions, and convulsed neonates. If such signs occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Checkpoints and measles, for example, can have a more serious or even fatal course in immunosuppressed children or adults on corticosteroids. In such children or adults who have not had these diseases, patients care should be taken to avoid exposure to these diseases, and avoidance of corticosteroids administered orally or by inhalation is recommended. The use of live virus vaccines in patients on corticosteroids is contraindicated. If it is essential that patients on corticosteroids receive live virus vaccines, the vaccine should be given at the same time as the corticosteroid therapy is discontinued. If possible, the corticosteroid should be discontinued at least 2 weeks before the vaccine is given. If possible, the corticosteroid should be discontinued at least 2 weeks before the vaccine is given. If possible, the corticosteroid should be discontinued at least 2 weeks before the vaccine is given.

PRECAUTIONS **General** In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, the development of localized edema of the nose and pharynx with localized edema has occurred occasionally. When such adverse effects develop, use of NASONEX[®] Nasal Spray, 50 mcg should be discontinued and appropriate oral systemic therapy instituted, if needed.

Nasal corticosteroids should be used with caution in all patients with active or quiescent tuberculous infection of the respiratory tract, or with a confirmed local, bacterial, systemic viral infection, or ocular herpes simplex.

Patients receiving topically administered corticosteroids should be monitored for development of cataracts, glaucoma, and systemic effects of corticosteroid use, including adrenal suppression.

Long-term studies of nasal sprays and intranasal corticosteroids have shown that long-term use of these drugs is safe and effective. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, no significant changes in the clinical course of the disease have been observed. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, no significant changes in the clinical course of the disease have been observed.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent wound healing should be monitored for wound healing after nasal corticosteroid use. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, no significant changes in the clinical course of the disease have been observed.

Glaucoma and cataract formation have been reported in clinical studies of 12 weeks' duration and in a long-term study of 12 months' duration in patients treated with NASONEX[®] Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX[®]-treated patients in the 12-week study as compared with 141 placebo-treated patients. No individual NASONEX[®]-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study.

In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, no significant changes in the clinical course of the disease have been observed. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, no significant changes in the clinical course of the disease have been observed. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, no significant changes in the clinical course of the disease have been observed. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg, no significant changes in the clinical course of the disease have been observed.

When nasal corticosteroids are used in excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear if such changes occur, NASONEX[®] Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with NASONEX[®] Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should be instructed to use NASONEX[®] Nasal Spray, 50 mcg as directed. Patients should be instructed to use NASONEX[®] Nasal Spray, 50 mcg as directed. Patients should be instructed to use NASONEX[®] Nasal Spray, 50 mcg as directed. Patients should be instructed to use NASONEX[®] Nasal Spray, 50 mcg as directed.

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Contraindications: Patients should be warned of the risks of systemic corticosteroid effects such as hypercorticism and adrenal suppression. Patients should be warned of the risks of systemic corticosteroid effects such as hypercorticism and adrenal suppression. Patients should be warned of the risks of systemic corticosteroid effects such as hypercorticism and adrenal suppression.

Adverse Effects: Patients should be warned of the risks of systemic corticosteroid effects such as hypercorticism and adrenal suppression. Patients should be warned of the risks of systemic corticosteroid effects such as hypercorticism and adrenal suppression. Patients should be warned of the risks of systemic corticosteroid effects such as hypercorticism and adrenal suppression.

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assay, and the mouse mite germ-cell cytotoxicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis in vivo in rat hepatocytes.

In reproductive toxicity studies, mometasone furoate administered subcutaneously caused prolonged gestation, decreased litter size, reduced offspring survival, and reduced maternal body weight gain following treatment at 15 mcg/kg (approximately 1/10 the maximum recommended daily intranasal dose in adults on a mcg/mg basis). Implantation or fertility in rats was not produced by subcutaneous doses up to 15 mcg/kg.

Reproductive Toxicity Effects: Pregnancy Category C: Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 and 180 mcg/kg (approximately 2 and 4 times the maximum recommended daily intranasal dose in adults on a mcg/mg basis, respectively). Offspring survival was reduced in the 180 mcg/kg group. The maximum recommended daily intranasal dose in mice was 30 mcg/kg (approximately 1/10 the maximum recommended daily intranasal dose in adults on a mcg/mg basis). In rabbits, mometasone furoate was teratogenic and caused lower than normal rates of a typical normal dose at 150 mcg/kg (approximately 1/10 the maximum recommended daily intranasal dose in adults on a mcg/mg basis).

In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a typical normal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/mg basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/mg basis), microphthalmia, umbilical hernias, and delayed ossification were observed in all pups.

In these teratology studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg).

In an oral teratology study in rabbits, at 700 mcg/kg (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/mg basis), increased incidence of cleft palate and cleft lip were observed. Additionally, cleft palate and cleft lip were observed in rabbits at 2800 mcg/kg (approximately 7 times the maximum recommended daily intranasal dose in adults on a mcg/mg basis).

There are no adequate and well-controlled studies in pregnant women. NASONEX[®] Nasal Spray, 50 mcg, after careful consideration, should be used only when the potential benefits outweigh the potential risks to the fetus. Mometasone furoate administered nasal treatment in pharmacologic doses up to 150 mcg/kg (approximately 15 times the maximum recommended daily intranasal dose in adults on a mcg/mg basis) did not cause any adverse effects on the developing fetus. However, because there is no data on the potential for systemic absorption, caution should be exercised when using this product in pregnant women who may be taking other drugs that may have a teratogenic effect.

Neonatal Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.

Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX[®] Nasal Spray, 50 mcg is administered to nursing women.

Pediatric Use: Safety and effectiveness in children less than 12 years of age have not been established. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg at 200 mcg/day, no significant changes in the clinical course of the disease have been observed. In clinical studies with NASONEX[®] Nasal Spray, 50 mcg at 200 mcg/day, no significant changes in the clinical course of the disease have been observed.

ADVERSE REACTIONS In controlled US and International clinical studies, a total of 3210 patients received treatment with NASONEX[®] Nasal Spray, 50 mcg at 200 mcg/day, 50 mcg to 800 mcg/day. The majority of patients (n = 2102) were treated with 200 mcg/day. A total of 355 patients have been treated for 1 year or longer.

The overall incidence of adverse events for patients treated with NASONEX[®] Nasal Spray, 50 mcg was comparable to patients treated with the vehicle placebo. Adverse events did not differ significantly based on age, sex, or race.

Three percent of patients in clinical trials discontinued treatment because of adverse events, this rate was similar for the vehicle and active comparators.

All adverse events reported by 5% or more of patients (regardless of relationship to treatment) who received NASONEX[®] Nasal Spray, 50 mcg at 200 mcg/day in clinical trials, and that were more common with NASONEX[®] Nasal Spray, 50 mcg than placebo, are displayed in the table below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS IN SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITIS

	NASONEX [®] NASAL SPRAY 50 mcg 200 mcg (n = 2102)	VEHICLE PLACEBO (n = 1571)
Headache	20	22
Nose Infection	12	11
Pharyngitis	14	10
Epistaxis	11	10
Epistaxis-Tinged Mucus	7	8
Coughing	7	6
Upper Respiratory Tract Infection	6	2
Dysmenorrhea	5	3
Menstrual Pain	5	3
Sinuses	5	3

Other adverse events which occurred in less than 5% but greater than or equal to 2% of mometasone-treated patients (regardless of relationship to treatment) and more frequently than in the placebo group included: arthralgia, asthma, bronchitis, chest pain, conjunctivitis, dizziness, dyspnea, headache, flu-like symptoms, nasal irritation, nosebleed, and rhinitis.

Rare cases of nasal ulcers and nasal and oral candidiasis were also reported in patients treated with NASONEX[®] Nasal Spray, 50 mcg, primarily in patients treated for longer than 4 weeks.

In a postmarketing surveillance study of this product, cases of nasal burning and irritation and rare cases of nasal septal perforation have been reported.

OVERDOSEAGE There are no data available on the effects of acute or chronic overdose with NASONEX[®] Nasal Spray, 50 mcg. There are no data available on the effects of acute or chronic overdose with NASONEX[®] Nasal Spray, 50 mcg. There are no data available on the effects of acute or chronic overdose with NASONEX[®] Nasal Spray, 50 mcg. There are no data available on the effects of acute or chronic overdose with NASONEX[®] Nasal Spray, 50 mcg.

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Maestro of The Mike

Saluting Stan Freberg, whose satire still shines

By RICHARD ZOGLIN

OMAHA! LASTS ONLY 6½ MINUTES, BUT on radio it must have sounded like forever. A spoof of *Oklahoma!*-style Broadway musicals, it features an overture, a story and three original, fully orchestrated songs, including one in which a chorus of townfolk implores the "Omaha moon" not to shine on Council Bluffs. Only in the last minute does the reason for this lavish parody become apparent. Omaha, Neb., it seems, is the hometown of Butter-Nut Coffee. *Omaha!* is a commercial.

In the 1950s, when the hard sell was hard to avoid, Stan Freberg came along to show Madison Avenue that the commercial could be a miniature work of art—and sometimes of daring. Freberg pitched Meadowlark milk in the style of Gilbert and Sullivan, hawked Pittsburgh paints with a takeoff on *Moby Dick*, and decked out Ann Miller with a Busby Berkeley chorus line to trumpet Heinz's Great American Soups. He produced radio ads for the McGovern-Hatfield amendment to end the Vietnam War and, perhaps even gutsier, persuaded Pacific Airlines to let him do a series of ads poking fun at how people are afraid to fly.

A chance to hear all these commercials collected for the first time is one reason to hail the new boxed set of Freberg's work from Rhino Records. But that's only part of the delight awaiting both fans and nonfans of Freberg, who has as much claim as anyone to the title of Great American Satirist.

The son of a Baptist minister, Freberg grew up in South Pasadena, Calif., and got into radio right out of high school. After doing cartoon voiceovers and helping create the kids' TV series *Time for Beany*, Freberg scored his first big success with the 1951 comedy record *John & Marsha*, in which all the heartache and melodrama of soap operas were distilled into a two-minute dialogue made up of just two words: John and Marsha.



PARODIST: His comic records hit the Top 40

idea to satirize the Platters' *Great Pretender* by focusing on the hipster studio pianist who's forced to play the boring "clink clink clink" accompaniment. His critique of mush-mouthed rock 'n' roll culminated in 1960 with *The Old Payola Roll Blues*, in which Freberg takes on the whole ethos of rock and dismisses it as a fad that will pass once payola ends. Satirists can be wrong too.

Freberg was an enormously talented composer whose intricate rhymes and uncanny ear for song styles would have made him a Tin Pan

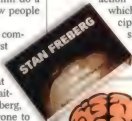
Alley success even without the satire. On his great *United States of America* album, Freberg portrayed Ben Franklin as a prickly conservative who balked at signing Tom Jefferson's Declaration of Independence. The two founding fathers sing a number that includes this exchange: Jefferson: You're so skittish/ Who possibly could care/ If you do? Franklin: The Un-British/ Activities Committee/ That's who. American history, post-McCarthy era political comment and deft lyric writing all tied up with a neat satiric bow.

Freberg's parodies continue to gleam even as his subjects fade into history. Arthur Godfrey, the hugely popular star of 1950s TV, was the target of a 1953 Freberg cut, never before released but included in the boxed set. Godfrey may be all but forgotten, but Freberg's gag about his obsequious sidekick, who answers every comment with a knee-jerk "That's right, Arthur," sums up a century of show-biz sycophancy.

Freberg—who at 73 is living in Los Angeles and still does a syndicated radio show—likes to recall that *St. George and the Dragonet*, his chart-topping parody of *Dragnet*, was a big hit in Australia even before the TV show was seen there. Later, when it finally arrived, an Aussie fan came up to Freberg and marveled, "Somebody has gone and built a whole TV show around your record!" For a satirist, that's the Academy Award.

Freberg's parodies continue to gleam even as his subjects fade into history. Arthur Godfrey, the hugely popular star of 1950s TV, was the target of a 1953 Freberg cut, never before released but included in the boxed set. Godfrey may be all but forgotten, but Freberg's gag about his obsequious sidekick, who answers every comment with a knee-jerk "That's right, Arthur," sums up a century of show-biz sycophancy.

Freberg—who at 73 is living in Los Angeles and still does a syndicated radio show—likes to recall that *St. George and the Dragonet*, his chart-topping parody of *Dragnet*, was a big hit in Australia even before the TV show was seen there. Later, when it finally arrived, an Aussie fan came up to Freberg and marveled, "Somebody has gone and built a whole TV show around your record!" For a satirist, that's the Academy Award.



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LO-BALLING: Pera fails on
gossip as well as style

had to fight many obscenity
battles when the book was
published. Now a deriva-
tive novel, *Lo's Diary* (Fox-
rock; 292 pages; \$22.95),
by the Italian essayist and
translator Pia Pera, has
been issued—after the set-
tling of a lawsuit brought by
Nabokov's son Dimitri. He
insisted that he be allowed
to write a preface to the
book and that 5% of its pro-
fits go to the International
Pen Club. Deal.

Lo's Diary, translated by
Ann Goldstein, purports to
be an on-the-spot account of
the sad tryst of a girl and her
stepfather—the "real" story
behind Humbert's besotted
ravings in a book titled *Lolita*.
We are told that Dolores
(*"Lolita"*) Maze (not Haze)
met Humbert Guibert (not
Humbert) in the home of
her mother Isabel (not
Charlotte); that Humbert
took a fancy to Lo; that he
married the mother to get to
the daughter; that on the
mother's death, Hum and
Lo took to the open road, fit-
fully pursued by the girl's
true love, playwright Gerry

Sue Filthy (not Clare Quilty), for whom
she ultimately abandoned Hum.

Of course, this too is fiction: a tribute
to and ripoff of Nabokov. Pera gives Lo a
younger brother, who died in a freak ac-
cident (tornado, live wire), and a lingering
devotion to her dead dad, for whom
Humbert is a sexier surrogate. Lo re-
records scenes of innocent sapphic frolics,
moviegoing (*It's a Wonderful Life* is
about "how everything turns out right be-
cause the father didn't die after all") and
quarrels with her bossy, desperate mom.

In an age of concern for a child's in-
nocence, Pera might have underlined
the corruptive nature of a man's lust for
a girl on the cusp of pubescence. Instead,

her Lo is the aggressor,
the seducer and, eventu-
ally, the dismissor. "I'm
going to get this Hum-
bert for myself," she tells
her diary. She instructs
him in the finer points
of sex play. And when
"Hummie-Dummie" de-
volves into a nagging
"Mama Humbert," she

BOOKS

Humming Along With Nabokov

A novel escapes litigation to
tell another story of *Lolita*

"Name?"
"Lo-lee-tah." She spoke her name
like a steam radiator with consonants.
"Last name?"

"*Lolita* Rooney-Burton-Winn-
Fortensky-Guccioni," she said, omit-
ting a few names for time and adding
a few to jazz it up.

THIS LOVELY, LILTING PARODY, STEVE
Martin's "*Lolita* at Fifty," suggests
one way to approach the menacing
legend of Vladimir Nabokov's great
novel. In six pages Martin deftly sketches
a woman who has known and used her al-
lure for so long—ever since she was 11 and
met Humbert Humbert—that it has be-
come her career, a real-life
variation on the novel, her
own definition of Loliteracy.

As it approaches 50 (Na-
bokov finished the novel in
1953), *Lolita* remains a bril-
liant book, a wonderful blend
of language and longing, with
an undiminished capacity to
enthral, outrage and pro-
voke litigation. Nabokov



UNDERCOVER: Remove the
jacket to find the "true" Lo

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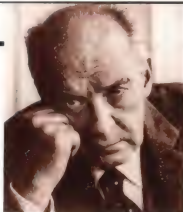
THEY SAY MOST RELATIONSHIPS

START IN THE WORK PLACE.

THEY SAY MOST WORKING MEN
 HAVE GATES YEAR AFTER YEAR
 WHO KNOW EACH OTHER COME
 AND GO, ONE DAY AFTER THE
 OTHER. THE RELATIONSHIP BETWEEN
 AMERICAN AND DELTA AIR
 LINES WAS INEVITABLE. NOW THE
 CONNECTION BETWEEN AMERICAN AND DELTA
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 A STRONG RELATIONSHIP.




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THE TRUE AUTHOR: Nabokov, creator of the people and the plot Pora scavenges

leaves with Filthy—after giving the drugged Hum a goodbye sodomizing with the pen he'd used for his own diary.

There are only two reasons for such a book: gossip and style. *Lo's Diary* fails both ways. It would be nice to read of *Lo's* nasty times with Filthy, but per Pera, the pair never had sex, and he didn't force her to make stag films, as Humbert had said. The real problem, though, is in the narrative voice. In *Lolita*, Humbert, an educated European, could wax satyric in language as elaborate as any poet's or pedant's. *Lo*, 11 when the tale begins, and no scholar, must be limited in word power and storytelling skills. Yet the book's prose style, while undistinguished, is far too precocious and knowing for even the brightest kid. *Lo* could no more have written *Lo's Diary* than Harry Potter could have written the Harry Potter books.

Without question, *Lo's Diary* should be published. But it needn't be read. This slip of a thing never emerges from the shadows that tower over it: those of Humbert—that predatory wretch condemned to sing so beautifully of his sin—and his grand, glowering creator. It will have utility only if it leads readers back to the immortal original. Choir, please turn to page 9 of *The Annotated Lolita*. All together now: "*Lolita, light of my life, fire of my loins. My sin, my soul...*" —By Richard Corliss

FROM OUR STAFF



Walter Kirn, who mostly reviews other writers for *TIME*, next week publishes his own second novel, *Thumbsucker* (Broadway Books; 300 pages; \$14), a funny and engaging portrait of Justin

Cobb, an insightful Minnesota teenager whose view of the world is shaped by a lively, eccentric family and a hard-to-shake fondness for, yes, thumb sucking.

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BOOKS

Pay His Honor

Scott Turow's latest takes aim at jurist imprudence



THE LAW GRINDS SLOWLY, but if you still believe it grinds fine, either you have been blessed with an unlitigious life or you are not yet familiar with the novels of Scott Turow, the practicing Chicago attorney who has managed to find the time to write half a dozen books, including the

best sellers *Presumed Innocent* and *The Burden of Proof*.

Personal Injuries (Farrar, Straus & Giroux; 403 pages; \$27) is Turow's latest reminder that justice is not necessarily a blindfolded matron holding aloft a set of balanced scales. She, or more likely he, is often peeking and open to tempting offers. "The bribery of judges is eternal," Turow gently instructs us. "At common law, before there were statutes and codes, the word 'bribe' meant only this: a benefit conferred to influence a judge."

Robbie Feaver (pronounced favor) practices common law—the more common the better. Both cynic and self-deluding romantic, Feaver is Turow's most expansive creation. He has the needy personality of a Saul Bellow big shot and the clever mouth of an Elmore Leonard punk. Both traits come in handy when Feaver is arrested for paying off judges and decides (in about a minute and a half) that rather than go to prison, he will accept the Federal Government's deal and help cage the errant magistrates.

The setting is Turow's fictional Kin-dle County, the by now palpable Midwestern arena of his previous best sellers and, fairly transparently, Turow's home turf of Cook County, Ill. For proper distancing, Robbie's outlandish tale is narrated with understated sympathy by his lawyer, a squeaky-clean member of the bar who is named after his distinguished ancestor, the colonial Virginian George Mason. Robbie's foil is Evon Miller, the latest iteration of one of page and screen's most popular new types: the female FBI agent.

It's a match made in Hollywood heaven. Robbie, the irrepressible con man, vs. Evon (her cover name), a repressed Mormon with an Olympic bronze medal. In what sport? Don't ask. Turow seeds his story with delayed dis-



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 **HEWLETT
PACKARD**

BOOKS

closures and surprises, including an inspired variation on one of dramaturgy's soundest rules: if you show a dangerous implement in the first act, it must be used in the last.

The plentiful action consists largely of Robbie, wired and miked like a walking Radio Shack, attempting to bribe judges while antsy G-men tape the seductions from parked vans. The distinguished targets come from all walks of life and can be sympathetic inversions of stereotypes. Judge Barnett Skolnick is an elderly, good-natured dimwit who spouts stage Yiddish. Sherman Crowthers is a massively built black jurist who paralyzes attorneys with his battering intelligence. Exaggerated characters? Yes. Caricatures? Never.



TUROW: Exploring the space between legal rules and reality's messy urgency

Likewise, Robbie and Evon exchange barrages of zingers but are not a comedy team. When the maverick and the dutiful agent eventually come together, the banter deepens into a revealing meeting of minds. Evon discovers her true nature, and Robbie stows his masks and confesses that he is terrified of waking up and not knowing who he is.

Exploring the space between legal necessity and reality's messy urgency is a Turow specialty. Street savvy and emotionally rich, *Personal Injuries* goes further than his earlier novels in explaining why he splits his time between satisfying clients and pleasing readers. In law there must be a deal or a judgment. In literature the jury can be hung thoughtfully between matters of head and heart.

—By R.Z. Sheppard



Denzel Washington

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SHORT TAKES

MUSIC

HUMAN CLAY Creed Scott Stapp, front man for the Florida band Creed, sounds like Eddie Vedder, front man for the Seattle band Pearl Jam, reincarnated.



Which would be fine except that Vedder isn't dead, so Stapp's vocal style comes across as a sort of ripoff. Still, Creed has its fans: the band's first album, *My Own Prison*, sold nearly 4 million copies. Its new CD, like *Prison*, features pile-driving hard rock and lyrics about spiritual longing. A few songs are agreeable in a middle-of-the-road sort of way. But that road is about as well traveled as 1-95. —By Christopher John Farley

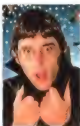
TELEVISION

WASTELAND, ABC, Thursdays, 9 p.m. E.T. You could base a drinking game on how many times someone makes a sweeping generational statement in this post-college soap from Kevin Williamson (*Dawson's Creek*). Dawnie (Marisa Coughlin) is writing her anthropology thesis on the "second coming of age" of her "lost" demography—sorry, "generation"—and the ensemble illustrates it, suffering romantic and career woes and showing how sad it is to be young and gorgeous in the city. Reminiscent of *Melrose Place*'s earnest, unfortunate first season, *Wasteland* adopts *Dawson's* chatty self-awareness but lacks its flashes of sweetness and magic. —By James Poniewozik



LOUIS THEROUX'S WEIRD WEEKENDS, Bravo, Fridays, 8 p.m. E.T. In the 19th century Alexis de Tocqueville journeyed to America and thought he had the young nation figured out. But Tocqueville never tried out for a porno film. In this documentary series, English-raised Louis Theroux (son of novelist Paul)

samples the strangest fruits of freedom, from pitching informers to breaking bread with right-wing survivalists. This sort of participational filmmaking can become cute or self-satisfied, but Theroux maintains a curious, never smug attitude, even toward the most bizarre colonists. —J.P.



CINEMA

BOYS DON'T CRY Directed by Kimberly Peirce Teena Brandon blew into town, stuck a sock in her crotch and said she was a guy: Brandon Teena. Who believed her? Everyone, especially the lonely girls dazzled by the notion of a sweet, sympathetic man. This true-life Nebraska fable — *M. Butterfly* mixed with *In Cold Blood*



—proved that love is blind and hate is too. *Boys Don't Cry*, a fiction film, underlines the awkwardness of cowgirl courtship as Brandon (Hilary Swank) and best friend Lana (Chloe Sevigny) probe for each other's guilty secrets. But the movie lets down the material. It's too cool: all attitude, no sizzle—horror under glass. This time, art can't measure up to real life, love and death. —By Richard Corliss

BOOKS

ALL QUIET ON THE ORIENT EXPRESS By Magnus Mills After spending the last days of his vacation at a campsite in northern England, the narrator plans to travel



to India. First, though, he agrees to paint a fence for the campground owner in exchange for free rent. The traveler, who never merits a name, really must get going, but the tasks keep piling up. Before long, he's rebuilding a jetty, doing homework for the owner's daughter, playing on the local pub's dart team and running the town's milk route. In this creepy, dead-



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SHORT TAKES

pan novel by a nominee for Britain's Booker Prize, nothing much happens—except that one man slowly, painlessly, surrenders his life. —By Nadya Labi

THE DANGEROUS HUSBAND By Jane Shapiro

Those looking for evidence that women have passed men on the evolutionary scale need look no further. The narrator of this dark satire is a sophisticated, self-aware photographer who, at 40, meets the perfect man: a charming, wealthy novelist. Shortly after their marriage, though, she finds he has turned into an oaf, banging around the house like a bull, routinely inflicting accidental injury. He never comes into focus, but the anger he arouses in his wife is all too clear. —By Elizabeth L. Brand

PHOTOGRAPHY

AMERICAN PHOTOGRAPHY: A CENTURY OF IMAGES PBS, Oct. 13

Instead of the usual parade of great photographers, this is more the story of pictures themselves, how they conquered the world and filled every last inch of psychic space. It travels from the Kodak Brownie, the memory toy that let everyone commemorate the everyday, to the computer manipulations that turn pictures into smooth lies. This is history that gives more time to mass-market phenomena and socially concerned work than anything formalist, unengaged or inward. So *LIFE* magazine, tabloids and the child-labor photos of Lewis Hine are all nicely served. Minor White, Garry Winogrand, Diane Arbus and William Eggleston rate less than a shutter click of mention. That's not the whole picture. —By Richard Lacayo



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Esther Williams, star of screen and swimming pool, has a best-selling autobiography, *The Million Dollar Mermaid*.

Q. Who's mad at you for the book?

A. Merv Griffin. He canceled the party he was going to throw for me. I could forgive Merv anything. When you get that round at that age, you suffer enough just getting dressed.

Q. How come all those old bathing suits are so dorky-looking?

A. How old are you?

Q. I'm 28.

A. God, all you're looking at is T. and A. What the woman has to worry about is containment. Thank God for latex. We used to have zippers in our bathing suits.

Q. My God, woman, was there a guy in Hollywood you didn't sleep with?

A. It wasn't so many guys. It sounds like more because they were so well endowed.

Q. On page 48, you use the phrases "remarkable genitalia," "extraordinary male attributes" and "beautifully equipped."

A. Was that Johnny Weissmuller? I have to give several speeches in the next few months, and I think I have to give proper tribute to Johnny.

Q. You gave him plenty of tribute. I'd like a woman to give me a tribute like that.

A. If you're going to play Tarzan, be Tarzan. And he was. He was a winner.

Q. Fernando Lamas said he drove to parties naked because he didn't want to crease his pants. You think he was really just looking for some attention from you?

A. He never stopped looking for attention. When my mother first met him, she said, "He has no underwear on." I said, "What are you doing looking there?" And she said, "You never outgrow looking, but you usually see some underwear."

Q. When you meet people, are they surprised you're still alive?

A. It used to be that way. Katharine Hepburn once said to me, "There's only one good thing about talk shows. People get to watch you rot."

—By Joel Stein



Business
INTERCONTINENTAL



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INSIDE

LEND A HELPING HAND Be an ambassador to children in Ghana, help spruce up an ancient site in Greece, monitor rare birds in Ecuador or teach English in China. You'll feel good about yourself.

LEARN A NEW SKILL With a little planning and at reasonable cost, you can perfect your tango, work on your yoga, cook up a storm or brush up on your French. Vacations may end, but learning need not.

FULFILL A FANTASY Do something you've always wanted to: be a cowboy, drive a steam locomotive through the English countryside, go to the North Pole or rough it in the forest. Here's how:

Lend a Helping Hand

By EMILY MITCHELL

Volunteering to help others in faraway places is an increasingly popular vacation option, in which you can combine your zest for travel with the desire to do good.

Take the Altruism Express

Nice as it was, Pat Carnright's cruise to Alaska two years ago just wasn't quite enough. "It's so much more fun to go and learn about a country and the people," she says. This past summer, when she ventured from her home near Tacoma, Wash., it was not to Rome or Rio but to West Africa, where she did as much as six hours' worth of volunteer work each day for three weeks in a village named Ho, 50 miles north of Accra, Ghana. Under the auspices of the organization Cross-Cultural Solutions, Carnright, a part-time real estate agent, assisted in a local nursery school, reading to children, teaching them songs, numbers and colors, and telling them about life in America.

Traveling to far-off places to lend a helping hand is catching on as an alternative to leisure holidays. "It satisfies some inner urges that people may not have been able to satisfy in their normal life," says Bill McMillon, the author of *Volunteer Vacations*. This guide to worthy adventuring includes some 2,000 projects around the world, up from 70 in the first edition 12 years ago. Back then, McMillon remembers, "everybody was agast that anyone would work on a vacation."

No longer. Even when living conditions are spare and amenities few, people find volunteer vacationing an enriching experience. In Ghana, Carnright, 74, stayed in a hostel-style building with seven other volunteers, sharing simple meals of rice and chicken or fish and fruit. "It was a healthy experience," she says. And not



FOREST VIEW: Ecuador is home to a host of exotic avian species

all that expensive: the \$1,850 program fee, not including airfare, is tax deductible.

One of the purposes of Cross-Cultural Solutions, which also sends volunteers to India and Peru, is to awaken understanding of the world's diversity. On many afternoons and evenings, Carnright visited villagers in their homes or met with groups curious about the U.S. and how it differed from Ghana. After her work stint, she spent a week in Accra, where a friend she had made in the village took her to museums, the national park and the beach and told her the history of his country. Reflecting on a summer vacation well spent, Carnright says, "You feel like you have accomplished something. You open things up for people you work with and yourself too."

Afternoons on the Beach

Their accommodations were primitive: an air mattress on a concrete floor in a two-room school and an outdoor shower with only cold water. The work of weeding and raking under a blinding blue sky was demanding, but John Krausser, 63, and his wife Traudi, 59, didn't mind. They were, after all, in the peaceful countryside of Greece, and the view of olive groves, the craggy Peloponnesian terrain and the ocean was spectacular.

The Kraussers had signed on with Service Civil International of Seattle, which coordinates work camps in 50 countries. Since they have a strong interest in classical Greek culture, they volunteered for two weeks last spring to

clear the overgrown site of an ancient amphitheater in Mycenae. Occasionally turning up pieces of marble in the theater's dusty floor, Traudi held them in her hand and imagined what the place and people had been like thousands of years ago. Weekend trips to Delphi and Olympia, arranged by the Greek cultural organization sponsoring the work camp, were an unexpected bonus.

Using some free air miles to fly from

their home in Seattle to Corfu, and with the cost of food and lodging at the work camp only \$125 a person, the Kraussers spent less than \$1,000 for their two weeks. The Greek group leader often sautéed calamari for a treat at lunch, which was the main meal, and the seven other campers, all in their 20s and from Holland, France, Crete



BIRD LOVE: Learning more about the crimson-rumped toucanet and blue-crowned motmot saves lives



and Britain, shared recipes. Everyone ate together at a large table under a shade tree in front of the little school. When the Kraussers weren't wearing shorts and T-shirts, they were in swimsuits. After four hours' work under the blazing morning sun, they had afternoons free and soon discovered a beautiful sweeping sand beach frequented only by a few local families. "This became our favorite spot," John says, "where we would swim, sunbathe and read." Surrounded by all that beauty, you wouldn't put up with an air mattress?

In the Name of Science

At dawn on his vacation, Lee Peachey climbed a hill in the Ecuadorian cloud forest and unfolded thin nets strung between bamboo poles. When birds, often Amazonia hummingbirds or gray-breasted wood wrens, flew into the nets, he patiently untangled them and, with sweat pouring down his face and into his glasses, carried them down a steep path to a work station below. There he and his wife Helen or one of their three teammates on an Earthwatch expedition recorded the birds' size, type and condition, took blood samples and made sure they were banded before setting them free. At dusk Lee closed the nets and took his turn cooking dinner or cleaning up. Then he collapsed, exhausted, in a tent. "I wouldn't trade it for anything," he declares. "Hard work, but it was marvelous."

Helen agrees and says, "It is something special to get that far away from the world." A clinical-research nurse, she exercises regularly but had a rough time on the rugged, muddy 9-mile trek up to the base

camp in the Machalilla National Park of coastal Ecuador. It was easier for Lee, a biophysicist who at 67 still bikes 30 miles round trip every day between his home in a Philadelphia suburb and his office at the University of Pennsylvania. For their nine days, not including airfare, they paid a little less than \$1,600, which is partly tax deductible. "Practicing retirement" is how the couple describes this adventure. But Helen admits to another motive. "I had just turned 60," she says, "and had to prove to myself that I could still do it."

And she did, even though she was on one of the most rigorous of the more than 140 Earthwatch research projects this year. The Earthwatch Institute, based in Watertown, Mass., is a pioneer in enlisting volunteer workers to assist scientists on projects from deserts to ocean floors. This year 720 volunteer teams will go to international and U.S. sites, compared with just four when Earthwatch was launched in 1971. While more than 2,000 scientific papers have resulted from Earthwatch expeditions, volunteers for the most part are required only to have physical endurance and willing hands. Supervised by ecologist Dustin Becker, the Peacheys' team captured and recorded some 300 birds and added to the store of knowledge about Ecuador's dwindling tropical-forest habitat.

Hooked on Helping

Working and raising their three daughters left Duane and Bettie Peterson little time or money for travel—until four years ago, when Duane took early retirement from his product-development job for Gillette and Bettie quit working as a nurse. "We started thinking about how we've been given a lot of

life and wanted to give something back," he says. Signing on with Global Volunteers, the couple from Hudson, Wis., have jetted off to places they had only dreamed of seeing: Costa Rica and the South Pacific. Their favorite jaunt was to China, where they spent three weeks last year teaching conversational English to college-age Chinese students in the city of Xian. "We would ask them what they wanted to talk about, and they would listen and try to converse," explains Bettie. The first questions, she noted, were about Michael Jordan and the NBA.

Every year Global Volunteers, which is based in St. Paul, Minn., sends some 1,500 workers to 21 international projects ranging from health care, business and community improvement to teaching English. Their airfare and the cost of \$2,095 each are tax deductible. "It was a wonderful way to experience a culture, vs. going as a tourist," Bettie says. On free afternoons and weekends, they went sightseeing and enjoyed trying the local cuisine. Duane, whom everyone calls Pete, developed a taste for eel with hot pepper. They were invited to cook dinner with a Chinese family in their home, and were allowed to visit the hut of a Taoist monk—a rare privilege, even for the Chinese. After waiting almost a lifetime to travel at all, the Petersons now plan to do volunteer vacations every year. Says Pete: "We're hooked."

—With reporting by Michele Donley/Chicago and Anne Moffett/Washington

HOW YOU CAN HELP:

Volunteer Vacations by Bill McMillon;
Chicago Review Press; \$16.95

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AFRICAN FRIENDS: Carrnright's three weeks were well spent



FANCY DANCE: A guide to the art of the tango in Buenos Aires

Learn a New Skill

By MEGAN RUTHERFORD

For your next vacation, think about taking a trip that will provide you with a lasting souvenir—knowledge and expertise.

It Takes Two ...

There was a time when Dr. Ronald Raspa and his wife Dr. Maryann Genovese felt like hiding on the dance floor. They loved to tango and had taken a few lessons over the years, but they hadn't mastered all the moves. Then the Goshen, N.Y., couple signed on for a 10-day dance tour of Buenos Aires, birthplace of the tango. Now there's no need to hide. Says Raspa: "To the untrained eye, we're pretty good." For as little as \$2,600, which includes airfare, Tango Tours with a Twist leads travelers on a whirlwind dance through afternoon workshops with tango masters, evening dinners and tango shows, nights at the hottest *milongas* (tango dance halls). "It was an immersion experience, in the same way you

would learn a foreign language," says Raspa. "But we also got an authentic look at Argentina." It takes two to tango, but singles—and beginners—need not worry. Tour organizers Carlos Scott and Gayatri Martin fill in as partners and recruit locals when extras are needed to complete a pair.

Blissed Out

Fifteen years ago, New York City psychotherapist Natalie H. Rogers reluctantly allowed herself to be persuaded to accompany a friend on a yoga retreat in the Bahamas. The experience turned out to be so wonderful that the following year, Rogers went again—with 16 of her patients. And she's been going ever since. "The minute I get there, something inside of me relaxes," she says. "And after I get back, I continue to feel blissed out for a long time." The Sivananda Ashram Yoga Retreat on Paradise Island, open year-round, is not for everyone. The accommodations are spar-

tan, the meals simple, and the schedule—well, meditation begins at 6 a.m., followed by yoga at 8 and a vegetarian brunch at 10. But for those who want to experience the healthful pleasures of this gentle exercise for mind and body—no experience necessary, all ages welcome—in spectacular tropical surroundings for a laid-back \$50 to \$85 a day, this may be the beginning of a vacation tradition. Between brunch and 4 p.m., when a second round of yoga, meditation and vegetarian fare begins, guests can roam



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the island, snorkel, scuba dive and, if all the wholesomeness gets to be too much, drop in for a drink at the nearby Atlantis casino.

Recipe for Fun

New York City cooking teacher Karen Lee has one simple goal for her students: "I want to change their whole life." Her logic: "The way they cook changes the way they eat, which changes the way they feel, which changes their whole life." Lee is a renowned caterer and author of such highly regarded culinary works as *The Occasional Vegetari-*

to ensure that all students get their hands dirty. Nancy Moorman, who teaches cooking in San Antonio, Texas, and has studied with top chefs around the world, took Lee's class last spring and rates it one of the best. Moorman says, "Her enthusiasm makes you think, 'Gosh! I'm going to go home and live better and cook this and create some joy!'"

Swimming in Words

For two weeks every year Mary Wardrop, a retired math professor from North Carolina, dreams in French. It's not required, but it's a natural consequence of the total-immersion language program she's been taking for six years in the Belgian town of Spa. Ceran Lingua is where global-business executives and diplomats—and a growing number of retirees—go to put the finesse on their French for about \$1,400 a week. For Wardrop, who misses the intellectual stimulation she enjoyed in her career, it's a way "to recharge my mental batteries." Students—who range from tongue-tied to nearly fluent—stay in the lovely Château Ceran, where they speak French in the classrooms, in the hallways, in the dining room. The diversity of the students, who come from all corners of the earth, makes for interesting conversation. "Because both the pupils and teachers are talking in class, there's a genuine exchange of ideas," says Wardrop. For some, the total immersion may feel like drowning; one participant described his first visit as "trying to take a drink from a fire hydrant."

But most find the challenge invigorating. At other centers in Belgium and around the world, Ceran Lingua offers English, Japanese, Spanish and Dutch.

Tapestries of Life

Weaving is a simple, sedentary activity—you just sit at a loom and pull the weft through the warp—right? Wrong. It's complex, strenuous and, Navajo weavers say, mystical. "Weaving is your thought," says Pearl Sunrise, who teaches a \$355, five-day workshop at the Taos Institute of Arts in New Mexico. "You need to use your motor skills, your psychological being and your spirituality." Emily Hyatt of North Carolina has been weaving all her life and has a business educating schoolchildren about the history of the craft. But in Pearl's class she was a beginner again. Previously, she had looked at weaving from the outside, in terms of design. Pearl's class taught her how to weave her beliefs into her work and become part of her own creation. "It was different from any weaving I have ever done before," she says. Pearl has an unofficial teacher's aide: Taos itself. Students, who arrange their own lodging, absorb the rugged mountain landscape, the strong

pure light, the rich blend of Native American and European cultures and incorporate them into what one student calls "blankets of love." Folks shouldn't feel intimidated by Pearl's body-and-soul approach. And even those who don't know their warp from their weft are welcome.

Inside the Beltway

Ever wonder why good legislation dies and bad bills survive? One way to find out is to sign up for a week with the Close Up Foundation's \$1,160 Congressional Senior Citizen Intern Program in Washington. Participants go to hearings and briefings, take political seminars on topics ranging from health care to international relations, meet with vips and lend a hand in the office of one of their Senators or Representatives. Accommodations and most meals are provided by a nearby Marriott. During her stint as an intern in California Democratic Representative Bob Filner's office, Lupita Jiménez, a children's book writer from Chula Vista, was taken to lunch in the Members' Dining Room. "All of a sudden, the entire California delegation came through the doors, and I blinked because here was almost every well-known politician I had seen on television!" she recalls. "I loved being an insider!"

—With reporting

by Deborah Adler Brown/Los Angeles, Catherine Kotschoubey/Spa, Anne Moffett/Washington and Rebecca Winters/New York



WARP, WEFT, body and soul go into "blankets of love"

an. Twice a year—and by special arrangement at various times in between—she offers five-day courses for out-of-towners for \$725. Monday through Thursday she and her students spend 3½ hrs. preparing and eating lunch. On Friday she gives a walking tour of Chinatown ("Behind every great meal is a great shopper"), followed by lunch at a top Chinese restaurant. Students, who arrange their own travel and lodgings, have afternoons and evenings free to explore the city. Mistress of many cuisines, Lee is perhaps best known as a pioneer of fusion cooking, which unites the techniques and ingredients of East and West. Her emphasis: flavor and healthfulness. In class, she's a 5-ft. 2-in. powerhouse of instruction, demonstration and tips: "To keep food from sticking, always heat the wok before you add the oil." "Don't answer the phone while you're measuring." Class size is limited to 10



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AT HOME ON THE RANGE: Bob King shares his skills with students in Wyoming

healthy enough to shovel piles of coal need only register at the Severn Valley Railway school, based in Bewdley, Worcestershire. In the introductory session, they learn safety guidelines and how a locomotive works. They also put in time on the footplate—where the fireman and driver stand, stoking the boiler, firing up the engine and managing the controls. In follow-up courses, groups of four students strive to acquire enough skill to drive the locomotive. This involves learning to clean, oil and light up the engine, shunt tracks, couple and uncouple cars—and brake, no easy task. John Sinclair, 54, technical director of a Bedfordshire computer firm, was “quite frightened” during an intermediate course with Severn Valley Railway be-

Fulfill a Fantasy

By VALERIE MARCHANT

When we're young, we live our heroes' lives. As adults, we let these dreams fade. Yet we can still do some extraordinary things in faraway places—on vacation.

Where the Buffalo Roam

Who has not dreamed of riding a horse through high country, driving thousands of head of cattle, eating from the chuck wagon, sleeping under a starry sky and, yes, wearing those terrific clothes—chaps, and boots with spurs—every day? Sure, quitting your day job and becoming a full-time cowboy is probably out of the question. But it is possible to try your hand at tossing a perfectly circled rope through the air over the head of a 1,000-lb. cow. At the Cowboy School, based in Pearce, Ariz., Bob King teaches novice cowboys (O.K., cowpersons) old-time roping techniques, plus how to handle cattle, transform a horse into a partner and manage land and water resources. A week (\$1,250) includes lodging in an authentic bunkhouse and three squares a day of hearty grub. The week may be spent at the vast Three Sisters Ranch in the Arizona desert (October through May) or the

Powder River Experience on the Wyoming plains (June through September). King, his wife Betty and other family members welcome men and women who aspire to the cowboy life. Many are from abroad; many are well past age 50. Some have recently bought horses—or even a ranch—without knowing much about either. When Ken Jelden retired at 70 after a long career with Calavo Growers in California, his wife gave him a surprise retirement gift: a week at the ranch. He mastered new roping skills, learned to ride again and particularly enjoyed “taking the cattle out to the pasture, which was very quiet and near the Cochise stronghold where the chief held out against the U.S. Cavalry for several months.” Always fond of Western music and life, Jelden is grateful for his wife’s gift: “I did get to live out a fantasy.”

Working on the Railroad

There you are—hand on the throttle of a full-size, 100-ton steam engine hauling eight graceful coaches from Worcestershire to Shropshire on a track that follows the Severn River as it meanders through unspoiled English countryside. No need for a time machine to fulfill this dream. Adults

cause even at 25 m.p.h., the locomotive rattles and shakes. So pleased was he by the “big high” he experienced that he plans to spend \$975 to take an advanced course.

Arctic Getaway

Ever since Admiral Peary made his third and finally successful journey to the North Pole 90 years ago, there have been dreamers who saw themselves skiing to the top of the earth. Very few have done so, of course, because it's hard going—and because only in the past decade have travel companies offered would-be Arctic explorers the kind of expedition they could manage. The company that pioneered such trips, Northwest Passage, is planning its fifth trek to the geographic



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TIME SELECT TRAVEL



ON THEIR OWN: Two BOW women canoe on the Wisconsin River


North Pole starting in early February with a six-day training session on Baffin Island. In April a party of eight to 15 will fly charter aircraft from Resolute Bay, Nunavut, to within 150 miles of the pole. Then, under a 24-hr. polar sun, in often subzero temperatures, the group will follow Peary's route from 88° to 90° north, climbing over walls of ice, crossing expanses of open water on ice blocks bound by ropes, skiing through clouds of drifting snow. Burton Meyer of Downers Grove, Ill., a retired toy designer, first crossed the North Pole with Northwest Passage at 69. Among his companions: a 16-year-old schoolgirl, one of only three women ever to reach the pole on foot. Meyer remembers everything about his trip, the second of 12 he's made with the company: "We traveled 13 miles a day with two 10-dog teams, breaking camp in the morning and setting it up at the end of day, struggling through blizzards, trying to find a way across the open water." He was thrilled by the Arctic, "one of the most unusual places in the world—the beautiful blue colors of the ice, the sparkle of the sun." Travelers of any age are welcome but must be in very good physical shape and willing to spend \$25,000, the cost of the trip. Northwest Passage also offers less expensive ways to realize a polar dream, including a \$6,000 ski-and-dogsled trek across Ellesmere, Canada's northernmost island. Adventurers travel through an expanse of mountains, fjords and giant icebergs, observing polar bears, musk oxen, caribou and the island's celebrated Arctic wolves. Not for the fainthearted.

Who Needs Men?

Back when women were considered the weaker sex, it wasn't easy for them to learn and practice the outdoor skills men like Daniel Boone and Davy Crockett used to survive in the wilderness. Now it is. In weekend workshops organized by Becoming an Outdoors-Woman, a woman can acquire sufficient know-how to become a mountain woman—or, if she prefers, a desert, valley or ocean woman. Because BOW's courses are offered in 44 states and nine Canadian provinces, she can hunt elk in Montana on one weekend and wild turkeys in Wisconsin, or deer in Texas, on another. BOW students learn to fish in all kinds of waters; shoot a rifle, shotgun or bow; navigate through different terrain; canoe and sea-kayak; harvest wild foods and herbs; hike through the wilds; and survive a winter night in the wilderness. From Friday morning to Sunday noon, participants choose four classes from more than 20 topics. (Even animal-rights supporters will find plenty of appealing courses, among them mountain biking and Dutch-oven cooking). The average weekend price: \$200 for classes, food, lodging and all equipment. BOW attracts women from all walks of life, ages 18 to 80+ or older. Since 1991, when Christine Thomas, a dean of the Natural Resources College at the University of Wisconsin, Stevens Point, developed BOW, some 50,000 women have gone through the program. Kim Fredritz of Carey, Ohio, has attended several BOW workshops. A country girl and a farmer's wife, she was thrilled to experience "a new appreciation for everything in the outdoors." Having excelled in shotgun classes, she then took a bow turkey-hunting workshop so she could shoot as well as cook her family's Thanksgiving meal. —With reporting by Mairi Ibrahim/Sussex

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JOSHUA QUITTNER

You've Got 5.0!

America Online's latest software piles on the features, giving the people what they want

AMERICA ONLINERS, REJOICE! WITH LAST WEEK'S release of Version 5.0—the latest upgrade of AOL's popular operating software—you can do what everyone else on the Net has long been doing: automatically append a "signature file" to outgoing e-mail. Think of sig files as the bumper stickers of e-mail—your chance to personalize your messages. While mine has always been simply name, rank and fax number, the best sig quote I ever saw was the whimsical "I'd like to die in my sleep with a smile

on my face like my granddad, rather than screaming in terror like his passengers."

Some people might point out that the ability to do signature files is but the smallest part of AOL's latest software upgrade, and I suppose they're right. But it is the little things—giving people what they want—that have made America Online the world's most popular Internet-service provider. The company launched 10 years ago last week; today AOL reaches 18 million households, making it more populated than the city of Shanghai. The company claims its users are its best test bed for new ideas—that's where many of the features in 5.0 originated.

Where formerly, for example, you could create only five user names per account, now you can have up to seven. With 5.0, you can also create longer screen names (up to 16 alphanumeric characters), which means, of course, that there will be a scramble to sign up full names, like anitahamilton. (I opted for the hackerish unusablesignal—homage to the error message that the television in my office has displayed ever since I ripped the cable out of it and plugged it into my PC.) Another good thing: you can customize your welcome screen with a list of sites you most often visit. Also, users can now retrieve deleted e-mail up to 24 hours after the time of trashing—a dubious move that's certain to increase the divorce rate.

Perhaps the biggest new feature in 5.0 is "You've Got Pictures," a collaboration with Kodak. AOL users can now drop off their 35-mm or APS film at any of the 38,000 partici-

pating Kodak service centers in the U.S. After specifying that you want the service, you pick up your paper prints the way you normally would, only now they'll also be digitized and delivered directly to your AOL account. You can then create a "Buddy Gallery," which permits people on your Buddy Lists to view the snapshots. You or your buddies can download those snapshots to your computer and print them. Or you can order prints online from Kodak.

AOL also unveiled its new "My Calendar" feature, which permits users to keep their datebooks online. The idea is that you won't ever have to be worried about forgetting your datebook at work (or wherever) since it will always be available to you on AOL's servers. This might work for you, but I don't like Net-based calendars. Computers have revolutionized the way we do just about everything, but I've yet to see an improvement over the pencil-and-paper platform for schedules—it simply takes too long to input stuff on PCs. After all the connecting, pointing and clicking, the waiting is simply a dead killer as far as I'm concerned. My Calendar is no exception.

AOL has laid out a number of features it plans to add during the upcoming year. The best: you call a special phone number, and a robotic voice will read you your e-mail. Imagine all the wry sig files you'll soon be hearing.

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IN BRIEF

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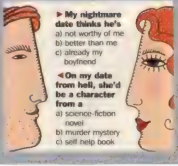


BRAKING CAR THEFTS

Steering-wheel locks like the Club are nifty anti-theft devices, except for one problem: a skilled thief can cut through the steering wheel where they are attached, remove the lock and drive off in your BMW. The new Autolock from Lawman Order Corp. (\$50, available at the site unbrakeable.com) tries to solve this problem by attaching to the brake pedal, which is much harder to sever. Then again, with the steering wheel untethered, a thief might try to drive the car anyway and smash your Boomer into a tree. Oops!

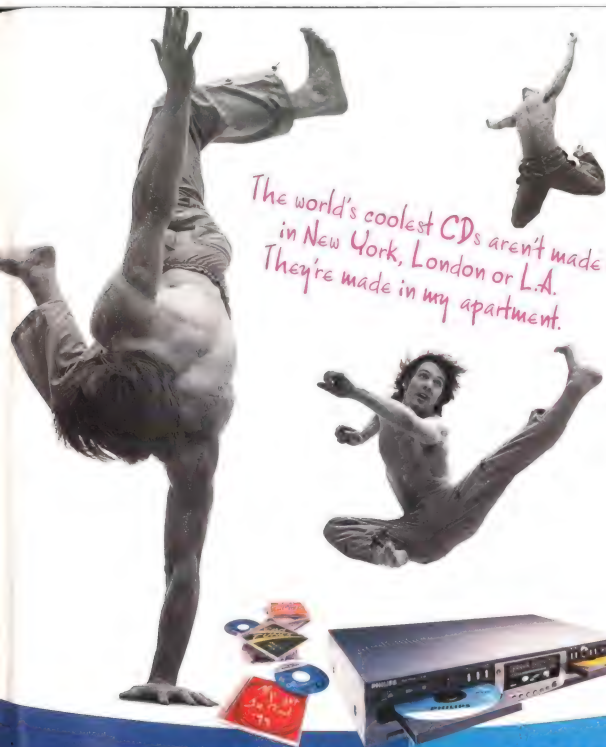


THE MATING GAME With so much game playing in relationships, it's not surprising to find a game on the topic too. So even if the advice makes you flinch ("Let your man do the pursuing in matters of the heart"), you'll still have fun with the clever CD-ROM game *Men Are from Mars, Women Are from Venus* (\$30; Muttel), based on the best-selling book by John Gray. —By Anita Hamilton



► My nightmare date thinks he's
a) not worthy of me
b) better than me
c) already my boyfriend

◄ On my date from hell, she'd be a character from a
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b) murder mystery
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AMY DICKINSON

Kids Say: Chill!

They want their parents less stressed and tired from work. Here's how to grant that wish

WHEN I WAS A KID, I NEVER KNEW WHAT MY PARENTS—or anyone else's—did for a living. As far as I could tell, all grownups had mysterious jobs that involved drinking lots of coffee and arguing about

Richard Nixon. My parents didn't seem to have career aspirations that reached beyond the end of our driveway, and if they had job-related stress, they kept it (like sex) private. Now families are expected to be much more intimate, and while that has happily resulted in a lot of

hugs, "I love yous" and full attendance at soccer games, unfortunately we parents also insist on sharing the frustrations of our work lives.

While we have groused about Bud in accounting or fallen asleep in car-pool lines, our children have been listening and watching. The stress-es of our jobs are spilling over into our home lives, and our kids are worried about us. A new survey, "Ask the Children," conducted by the Family and Work Institute of New York City, queried more than 1,000 kids between the ages of 8 and 18 about their parents' work lives. "If you were granted one wish to change the way your parents' work affected your life," the survey asked kids, "what would that wish be?" Most parents assumed that children would want more time with them, but only 10% did. Instead, the most common wish (among 34%) was that parents would be less stressed and tired by work.

Allison Levin is the mother of three young children and a professional in the growing field of "work/life quality" as a partner in the accounting firm PricewaterhouseCoopers. Levin counsels employees who are overwhelmed by their work and family obligations to carefully review their commitments—not only at the office but at home and in the community too—and start paring them down. "It's not about getting up earlier in the morning so you can get more done," she says. "It's about saying no and making choices." Working parents, she adds, should be fully home when they're home.

We can start by leaving work, and thoughts of work, behind as soon as we start the trip home. Think about how to make the most of the upcoming time with your family. And do something to get yourself in a good mood, whether it's listening to music in the car or reading a novel on the train, rather than returning calls on the cell phone. When you get home, change out of your work clothes, let the machine take your calls, and stay away from e-mail.

Remember too that your kids are learning about the world of work from you, so when they ask about your day, be sure to tell them about something good that happened. (In the survey, 69% of moms said they liked their work, but only 42% of kids thought they did.)

Parents can also de-stress by cutting back on their children's activities. If keeping up with your kid's schedule is killing you, you might insist that he choose between karate lessons and the theater troupe. Parents should also sneak away from work and family occasionally to feed their own interests and have fun. I keep a basketball in the trunk of my car just for this purpose. The way I see it, there are things I may never be able to fix, at work or at home, but at least I can work on my jump shot.

For more on work-family conflicts, see our website at time.com/personal. You can e-mail Amy at timefamily@aol.com



MOST WORKING MOMS say they enjoy their jobs; most kids don't believe them

IN BRIEF

DISCOUNT SHEEPSKINS College costs this year increased at the lowest rate in 12 years, according to a report last week by the College Board. The average cost of a four-year public school went up only 3.4%, to \$3,356 a year, while that of a private school rose 4.6%, to \$15,380. But saving for college is getting easier, as more major brokerages offer tax-advantaged college savings plans.



BE HOME BY 10 While a national debate rages over the effect of media depictions of violence on America's children, a new study in the journal *Pediatrics* finds that though TV has a negative influence, what more profoundly promotes violent behavior is being a victim of, or witness to, real violence at school, in the neighborhood or at home. Parents can help reduce youth violence by taking seriously their kids' complaints about



persistent abuse from siblings or bullies, by knowing who their kids' friends are, and by insisting they be home on time.

LIKE MOTHER, LIKE DAUGHTER Contrary to popular perceptions, children of single mothers are no less ready for school than children from two-parent families with the same education, according to a new study in the *Journal of Family Psychology*. The study reports that kids scored similarly on school-readiness tests, regardless of whether or not a father was around—so long as their moms had similar educational backgrounds. But single moms tend, on average, to complete fewer years of school.

—By Daniel S. Levy





DANIEL KADLEC

Big Deal

The \$115 billion MCI-Sprint merger is huge but no help at all in resolving real phone problems

IF THERE'S ANYTHING MORE ANNOYING THAN POLITICAL ads, it's the bombardment of silly, confusing messages from phone companies trying to win your business. Politics, at least, goes away for a couple of years. No chance the phone companies will rest. They've got way too much explaining to do—like why phone bills take hours to decipher, why customers aren't automatically switched to plans that best fit their calling patterns, why long-distance carriers shift you back and forth without your

consent and why it can cost more to call the next county than the next state.

The phone gods would rather focus on things like last week's \$115 billion merger of MCI WorldCom and Sprint. It's a record-size deal befitting record-size egos and has implications for Wall Street, where they're trying to identify tomorrow's survivors—and the targets those companies will swallow today. If you want to play, look for AT&T, MCI WorldCom, Bell Atlantic and SBC to survive; their targets include many small cable and wireless companies, along with such big outfits as Bell South, Global Crossing, Cincinnati Bell, Qwest and Nextel.

To keep things simple, consider a stock fund that invests primarily in telecommunications companies. In fact, a sector fund targeting any rapidly consolidating growth industry makes sense. The funds get a short-term lift from premium-priced takeovers of companies they own and do well over the long haul by owning companies that get big and dominate. The average telecom fund has trounced the average stock fund over the past three, five, 10 and 15 years, according to Lipper Analytical Services. The experience has been similarly fruitful in financial services and health care.

Off Wall Street, though, this big deal is no big deal at all. Antitrust concerns have been raised because an important competitor is being removed. But with Internet and regional Bell companies creeping into the picture, long-distance rates—now about as low as they've ever been—are unlikely to

spurt higher. In the long run, the MCI WorldCom-Sprint combination may push us a little faster to telecom nirvana: one-stop shopping for local, long distance and wireless service; Internet access; and cable TV. Imagine all those connections in one jack (plus wireless) and a single bill based on how much data flows through the electronic spigot. We're headed there. But until that world emerges several years from now, you'll have to face the quagmire of fees, plans and rates that the companies perpetuate to their advantage.

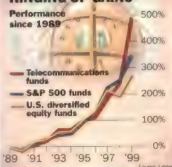
Take MCI WorldCom's 10-10-220 long-distance service. You pay 99¢ for the first 20 minutes—a bargain if you talk a lot. But you pay 99¢ even if you're on the line for just a

minute, making that rate one of the highest around. They don't tell you that. Here are some tips to keep your phone bill down:

- Every three months call your local phone company and ask if you are on the plan that best suits your calling patterns. They'll tell you. But you have to ask.
- Nights and weekends are still cheapest. But in most markets, the night rate has been moved back to 7 p.m. from 5 p.m. at the location where the call originates.
- Directory assistance is \$1.40 per call in most markets when using 555-1212. Try local and national assistance at 411. If your area has it, the toll is still expensive at 95¢ per call, but the clear choice.

See time.com/personal for more phone tips. E-mail Dan at kadlec@time.com, and see him Tuesdays on CNNfn at 12:45 p.m. E.T.

RINGING UP GAINS



IN BRIEF

LAST CHANCE This is the last year you can use the "five-year-averaging" rule to lower the taxes on lump-sum distributions on retirement plans. Next year such distributions will be taxed as income or as a capital gain. A 10-year tax option will still be available but only to those born before 1936. These rules don't apply to an IRA or 403(b), and not everyone is eligible. Unless you need the cash immediately, you're better off rolling it over into an IRA.

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HMO WATCH Last week Aetna and Humana got slammed with class actions for failing to disclose bonuses given to doctors and claims reviewers who kept costs down by restricting patient care. More cases are expected, particularly if Congress allows malpractice suits against HMOs. Meanwhile, HMOs are planning to raise their premiums an average 11% next year, following this year's 6% increase, according to a Sherlock Co. survey. Although HMOs usually scale back these increases, why such a big initial hike? HMOs cite higher drug costs, for one thing, not to mention lawyers' fees.

Predicted vs. Actual price increase in HMO premiums



PARTS IS PARTS? In the wake of last week's verdicts against State Farm, totaling \$1.2 billion, the insurance company is temporarily suspending its policy of requiring body shops to repair cars by using generic bumpers, hoods and fenders. The no-names are cheaper but could end up costing more down the road. When Consumer Reports conducted 5-m.p.h. crash tests on a Taurus, the Ford-made bumper suffered minor damage that cost \$235 to repair. A generic bumper shattered, causing \$1,350 in damages. Until last week, State Farm made consumers pay the difference if they insisted on using original parts. Allstate will pay if you make a fuss; Hartford and Travelers steer clear of most generic parts. —By Julie Rowe





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I just needed someone to tell me what it was.*

Jin Ai-hye, 36.

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CHRISTINE GORMAN

Wilderness 911?

If you like to hike, camp or sail, there's more to first aid than what you're taught in the city

I ENDURED A BIT OF GENTLE TEASING FROM friends and co-workers two weeks ago when I told them I was taking a weekend course in wilderness first aid. "Getting ready for Y2K?" they wanted to know. "What's next, survivalist camp?" Well, no. But I do like to escape Manhattan's concrete canyons every now and again to go tramping through nearby state parks. It's not exactly isolated backcountry, but then neither is medical help just a phone call away.

The first thing I learned in the class, which was offered through Stonehearth Open Learning Opportunities, of Conway, N.H., in conjunction with my local hiking club, was to adjust my definition of wilderness conditions. Any activity taking place more than an hour away from medical attention—whether it's hiking all day or sailing a mile offshore—can quickly feel as if it's in a remote wilderness when an accident occurs. As Dr. Frank Hubbell, one of the founders of SOLO, notes, "When you get to a trailhead, you have to start thinking like a pioneer."

Why the emphasis on time? Doctors have identified a "golden hour" after heart attacks, accidents and other emergencies in which they can do the most to preserve life and limb. The purpose of giving first aid is to reduce further harm until medical help arrives, which in urban areas is usually within 15 to 30 minutes. Indeed, Red Cross instructors now tell their students that if they're alone when they need to give someone cardiopulmonary resuscitation and a phone is at hand, they should call 911 first, then start administering CPR.

Practicing wilderness first aid ensures that at least some of the benefits of treating within the golden hour are not lost. In urban first aid, for example, you're taught to splint a suspected sprain, strain or fracture as close as you can to the position you found it in. Under wilderness conditions, you need to be alert to the possibility that nerves or the blood supply in the affected limb may have

been cut off, requiring you to pull gently and straighten it out before splinting to restore circulation and sensation. Otherwise, the accident victim could permanently lose use of that arm or leg. As a rule, if you're not seriously injured and you know your way back and can move under your own power, it's better to hike out than wait for rescue.

As in any good first-aid class, my teachers stressed prevention. Scrambling up a rocky trail in tennis shoes is asking for a sprained ankle. Make sure to carry plenty of food, water and extra clothes, even if you're just out for the afternoon. A sudden change in the weather or a broken leg could turn your pleasant stroll into a very uncomfortable night outdoors; take along some things to insulate you from the ground and prevent hypothermia.

That's just for starters. Most of the more accessible books on the subject are *Country First Aid and Extended Care* by Buck Tilton of the Wilderness Medical Institute in Pitkin, Colo. (Globe Pequot Press; \$4.95), and *Medicine for the Back Country* by Tilton and SOLO's Hubbell (ICS Books; \$14.95).

Although I hope I never have to use what I learned on the trail, at least now I feel more confident about inviting my niece and nephews along. I also plan to get recertified for CPR. There are still 24 months before the year 2000. ■

For more information, visit time.com/personal or www.stonehearth.com. You can e-mail Christine at gorman@time.com



CARRY OUT: In the wild, the ambulance often has four legs

GOOD NEWS

THE CABBAGE CURE!

You've heard it once, you've heard it a thousand times: Eat your fruits and vegetables! Now there's a new reason to do so. Five servings a day may reduce the odds of ischemic stroke by 25%, and 10 servings—swallow hard—by 31%. Fruits and veggies seem to help prevent the formation of dangerous blood clots associated with strokes. The best of the bunch: cruciferous vegetables like broccoli and cabbage, as well as citrus fruits.

HATS OFF! It's only a first step, but scientists may be a hair closer to a cure for baldness. Using injections of a gene—nicknamed the Sonic hedgehog—they have been able to awaken hair follicles from a resting state and force them into an active one. Alas, that's just in mice. Whether the therapy works on human pates remains to be seen. One potential problem: The Sonic hedgehog gene is linked to basal-cell carcinoma, a common, treatable skin cancer.



BAD NEWS

DOG DAYS Pig's ears, beef jerky and smoked hovies may not be all that appetizing to everyone, but to dogs they're the cat's meow. Beware, though: the FDA is warning that pet chews, as they're known, may be contaminated with *Salmonella* infants, a bacterium that won't harm

man's least friend but can cause vomiting, nausea and abdominal pain in healthy humans—and be life-threatening to those with compromised immune systems. What to do? After tossing a chew to Rover, wash your hands thoroughly—and, have your kids do the same.

FLU FLASH No one can predict just how bad this flu season will be, but worrisome signs are cropping up. Among them: folks getting sick earlier in the year. Six flu outbreaks occurred this summer, in contrast to just the occasional one in summers past. And though it hasn't spread, a new kind of flu virus has appeared in Hong Kong that current shots don't protect against. Be sure—starting around now—to get vaccinated anyway, particularly if you're elderly. —By Janice M. Horowitz

Sources—Good News: JAMA (10/5/99). Journal of Clinical Investigation (10/1/99). Bad News: FDA, CDC.



This is not the face of multiple sclerosis.

It's the face of Connie Pierce. She's married to her high school sweetheart, has twin daughters and a job she loves. She has also been fighting multiple sclerosis (MS) for a decade. She credits family support, a sense of humor and advances in medicines from America's pharmaceutical companies with helping to dramatically slow the progression of her MS. Pharmaceutical company researchers continue to make breakthroughs and won't stop until there's a cure. So people like Connie can live and love and laugh for years to come.

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Ovitz Fumbles

What is the sound of one agent's influence waning? In Los Angeles it sounds like a bad week for **MIKE OVITZ**. The one-time superagent, who co-founded Creative Artists Agency, suffered a setback last week when the NFL rejected his proposal to bring a professional-football expansion team to L.A. Ovitz had spent years on the project and secured the cooperation of stars such as Tom Cruise to spearhead the gridiron campaign, only to be outbid by



PHOTOGRAPH BY JEFFREY MAYER

organizers in Houston. This came amid reports that Ovitz, now a manager at his new firm, Artists Management Group, was having trouble interesting Hollywood studios in the rights to the latest manuscript by Michael Crichton. Ovitz recently lured the *Jurassic Park* author, whose previous novels were turned into big-budget films, to A.M.G. away from C.A.A. The visually oriented town is struggling to ascertain the correct spelling of *schadenfreude*.



PHOTOGRAPH BY JEFFREY MAYER

AND ALL WE HAVE IS A LOUSY FLAG

Since 1792 France has used the image of a woman, dubbed Marianne, to represent the republic on town halls, stamps and currency. After deciding Marianne's look needed updating for the millennium, the country's mayors voted to determine which living woman she should resemble. Since 95% of France's mayors are men, the honor fell to model and actress **LAETITIA CASTA**. The mayors had sought a woman embodying "solidarity, openness and tolerance," traits Casta clearly exhibits in her work for Victoria's Secret. Some decried the selection process for its reliance primarily on physical beauty (other contestants included a game-show hostess and a singer). Upon learning of her anointing, Casta enthused, "Chouette, quoi [like, neat]."



PHOTOGRAPH BY JEFFREY MAYER

WHEN FAMOUS PEOPLE BREAK UP

WHO: Michael Jackson and Debbie Rowe

WHEN: Last week, after three years of marriage and two kids

WHY THIS IS SHOCKING: Given that they met at his plastic surgeon's office, they seemed so compatible

WHY THIS ISN'T SHOCKING: He already has a failed marriage (to Lisa Marie Presley); they haven't been spotted together in three years; he's Michael Jackson

THE TRAGEDY OF IT ALL: Besides the kids, talk-show hosts are bereft. M.J.'s spokesman asked the public not to "speculate upon the reasons for their decision"

FEUD OF THE WEEK

NAME: 'N Sync

AVERAGE AGE: 22

OCCUPATION: Filling the void left by New Kids on the Block

BEST PUNCH: After quarreling with its record label over money, announced intention to relocate to Jive Records, current home of Backstreet Boys

NAME: Backstreet Boys

AVERAGE AGE: 23

OCCUPATION: Filling the void left by New Kids on the Block

BEST PUNCH: Already considering 'N Sync imitators, threatened to leave Jive if rivals arrive, alleging the label won't be able to give both bands adequate attention



PHOTOGRAPH BY JEFFREY MAYER



PHOTOGRAPH BY JEFFREY MAYER

WINNER: It's a draw—they'll both be forgotten in six months

Michael Kinsley

The \$150 Billion Shell Game

The debate over the Social Security surplus is more about politics than money

THE DEBATE IN WASHINGTON ABOUT WHO IS TRYING TO raid Social Security and who is trying to save it is completely surreal for two reasons. First, Social Security is in no danger for at least a couple of decades. It is uncharacteristic for politicians of both parties to seem so concerned about such a distant threat. But second, this debate will have no effect on Social Security. That's not opinion or prediction: that's mathematics. Republicans and Democrats say they want the budget to balance without counting the Social Security surplus. It's an admirable goal for many reasons, but the safety of Social Security is not among them.

Social Security currently brings in almost \$150 billion more a year in payroll taxes than it pays out in benefits. So suppose the government balances the non-Social Security budget. What happens to the Social Security surplus? By law, it is invested in special government bonds. (Even if there is no deficit, the government still must issue bonds to replace ones that mature.) So the Social Security trust fund will add \$150 billion to its collection of government bonds, and the government will sell \$150 billion less to the public.

And what if the government spends more than it takes in, apart from Social Security? Deplorable, to be sure. But what happens? The Social Security trust fund still acquires \$150 billion in government bonds. If, say, there is a \$50 billion non-Social Security deficit, government borrowing from the public will be \$50 billion higher than if the budget was balanced—but \$100 billion less than if there weren't a \$150 billion Social Security surplus. The government owes somebody an extra \$50 billion, but the situation of the Social Security trust fund is exactly the same in either case.

Maybe you're thinking, Yes, but this wouldn't be true if the trust fund could be invested in private securities, as many experts and securities dealers have suggested. Well, you're wrong. Even if the government ran a \$150 billion non-Social Security deficit, the trust fund would still have \$150 billion to invest. Every dollar the trust fund invests in private-capital markets is an extra dollar the government must turn around and borrow from these same markets, and the non-Social Security deficit has no effect on this melancholy equation.

If you dip into your 401(k) account to pay current expenses, it will leave you less money to retire on. Why isn't the same true

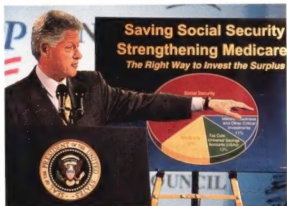
of the Social Security trust fund? First, because as a legal matter, Social Security payments are a government obligation completely unconnected to the size or existence of the trust fund. Congress may amend future benefits, and the size of the trust fund might influence its decision whether to do so. But neither the trust fund's size nor what the money is invested in is affected in any way by the government's non-Social Security budget. If the government were to default on its bonds, the trust fund would suffer a loss and (though there is no necessary legal connection) payments might have to be reduced. And a larger government deficit makes a default more likely. But the chance of the government's defaulting either on its bonds or its Social Security obligations

is infinitesimal, and the effect of even a \$150 billion deficit on this chance is tinier.

The fantasy debate over raiding Social Security for general government operations is especially weird because what is actually happening is the opposite. Both parties have agreed in principle that some part of the future government surplus should go to saving Social Security. In other words, general tax revenues will be poured into the Social Security trust fund and used to finance benefit checks.

This has happened without debate or controversy. Where are all the people who have spent the past decades shrieking that the trust fund meant Social Security was self-supporting and that therefore benefits were beyond dispute? The argument was always nonsense. The people paying in money are different from the people drawing it out, so the size of the pay-in says nothing about the justice of the payout. And where are the trust-fund zealots now? If it's immoral bordering on treasonous to raid the Social Security trust fund for other government purposes (though all that means is borrowing the money with interest), why is it not even controversial to raid general revenues to shore up Social Security (with no interest or even payback of principle)?

The proper way to save Social Security is a mild pruning of benefits for the better-off half of the retired population, in order to keep the trust fund growing for future retirees. If a budget surplus actually does materialize, worthwhile goals like health care for the uninsured or—yes—even a tax cut ought to come before pouring more money into the trust fund. Where is the courageous politician who will say it's time to stop Social Security from raiding the government?



The best way to save the system would be to prune benefits

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